**Partner Burn-Out Chart: 100 Reps!**

With a partner, work together to complete a total of 100 reps of each exercise listed below.

Move from 1 exercise to the next as soon as you complete 100 reps.

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| Exercise 1 | Jumping Jacks [[Video Link](https://darebee.com/exercises/jumping-jacks.html)] |
| Exercise 2 | Push-Ups [[Video Link](https://darebee.com/exercises/push-ups.html)] |
| Exercise 3 | Twist Jacks [[Video Link](https://darebee.com/exercises/twist-jacks.html)] |
| Exercise 4 | Plank Shoulder Taps [[Video Link](https://darebee.com/exercises/shoulder-taps.html)] |
| Exercise 5 | Plank Jacks [[Video Link](https://darebee.com/exercises/plank-jacks.html)] |

**Burn** (noun): A hot sensation in the muscles experienced as a result of sustained vigorous exercise.

