

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.

Exercise 1	Jumping Jacks [Video Link]
Exercise 2	Push-Ups [Video Link]
Exercise 3	Twist Jacks [Video Link]
Exercise 4	Plank Shoulder Taps [Video Link]
Exercise 5	Plank Jacks [Video Link]

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