

CORBIN BLEU KEKE PALMER

JUMP IN!



TRICK 9

PUSH UPS

- Bend down to touch your ankles, keeping your body as straight as possible so that you are not leaning forward or backwards too much)
- Kick your legs out into the push up position
- Come back up to the crouch position that was in the first stage so that you can then stand up again and carry on jumping

TIP A

To ensure you do the push up properly, jump into the push up position with your hands and feet going out at the same time

TIP B

When you come back up from the push up make sure you really pick your feet up so that the ropes can get underneath you

