



CLICK FOR TIMER

## WEEK-2-AGILITY

### EXERCISE 1



#### SKIPPING/JUMPING JACKS

- ▶ If you don't have a rope, jumping jacks are a great alternative. Here is Buddy Lee's (Olympic Champion Jump Rope) check list for skipping.
- ▶ Maintain an upright posture & your weight on the balls of your feet. Jump only high enough to clear the rope. Land lightly on the balls of your feet.
- ▶ Keep your elbows near your sides and at a 45-degree angle.
- ▶ When turning the rope, make 2-inch circles with your wrists. Do not sacrifice good form for speed.
- ▶ Continue as long as you can for the minute

Demo Video

### EXERCISE 2



#### SUMO SQUAT JABS

- ▶ Stand with your feet wide, toes pointing out. Bend your knees, lowering your hips deeply, (if you can) so your thighs are parallel with the floor. Make sure to keep your weight back in your heels.
- ▶ Make a fist with your hands and bring them up in front of you. Push your left hand out to the right side in a punching motion, making sure that your core muscles are engaged and supporting your spine.
- ▶ Then push your right hand out to the left side and continue to alternate for a count of 6 – 8 and return to standing.
- ▶ Repeat for the minute.

Demo Video

### EXERCISE 3



#### BUTTERFLY LUNGES

- ▶ Start by taking your right leg back into a reverse lunge position holding light weight dumbbells.
- ▶ When you feel stable and your abdominal muscles are supporting your spin, raise the weights out to the side, pause at chest level (forming a T with your body), then lower the weights back down.
- ▶ Repeat 6-8 arm raisers on one leg then reverse lunge to switch sides.
- ▶ Continue alternating sides with reverse lunges and arm raisers for the minute.

Demo Video