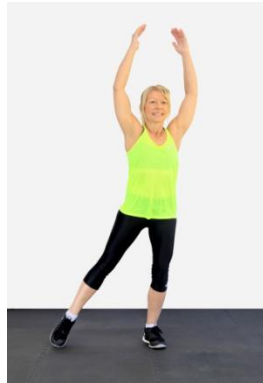
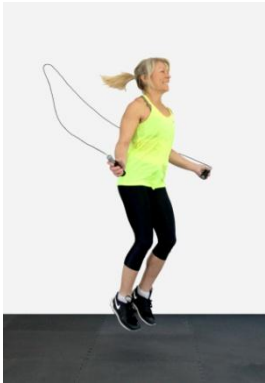




CLICK FOR TIMER

WEEK-2-AGILITY

EXERCISE 1

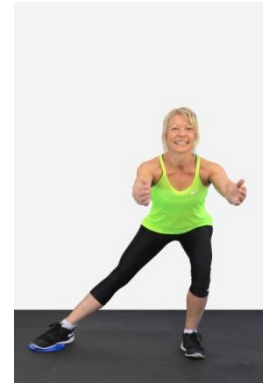
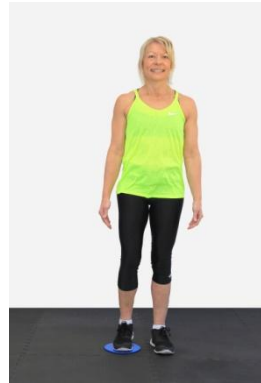


SKIPPING/JUMPING JACKS

- ▶ 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



SLIDING LUNGES

- ▶ Use a lid of a plastic container to move on carpet or a dust cloth on hard floor if you don't have a slider.
- ▶ Stand with your right foot on a slider.
- ▶ Slide your foot to the side while sitting into a squat (bend your knee at 90 degrees). Your hands extend in front of you to help with balance
- ▶ Keep your right leg straight and your weight on your left foot. Bring your right foot back in and return to standing.
- ▶ Repeat 10- 15 times and switch slider to left leg.

Demo Video

EXERCISE 3



SIT UP BALL TOSS

- ▶ Lie with your back on a mat and your knees bent, feet on the ground. Hold a medicine ball or any ball at your chest.
- ▶ In an explosive movement, sit up and throw the ball into the air and catch it.
- ▶ Return to the mat and repeat the sit up ball toss for the minute.
- ▶ **Modification:** omit the sit up and toss the ball from a seated position

Demo Video