



CLICK FOR TIMER

### WEEK-2-AGILITY

#### EXERCISE 1



#### SKIPPING or JUMP 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



#### ROTATING SIDE LUNGE

- ▶ Holding a weight in your left hand. Shift your weight into your left foot and then step the right leg back to a 70 degree diagonal.
- ▶ Sink your bottom and bring the weight to the inside of the right leg. Keep your body weight in your right heel with the lunge and your chest lifted.
- ▶ Press off your right foot and return to standing.
- ▶ Repeat 8-12 times, and then switch to the opposite side.
- ▶ **Modification:** Omit the weight and touch your leg as you lunge back.

Demo Video

#### EXERCISE 3



#### BEAR CRAWL FRONT STEP

- ▶ Start in a tabletop position with your wrists under your shoulders, then sit your hips back to your heels.
- ▶ Lunge forward with your left foot as you lift your left hand off the floor to shoulder height away from your front leg.
- ▶ Reverse the movement to return to start, then repeat on the other side. Continue alternating sides for the minute.
- ▶ **Modification:** Use a chair and start in plank position.

Demo Video