

# WELLth Program 2019 Online Fitness February



## WEEK-2-AGILITY

CLICK FOR TIM

EXERCISE 1





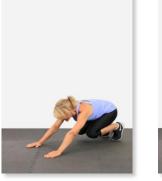
### SKIPPING or JUMP JACKS

- 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 45degree 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.



### **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.





### BEAR CRAWL FRONT STEP

**EXERCISE 3** 

- 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

Demo Video