



CLICK FOR TIMER

WEEK-2-AGILITY

EXERCISE 1



SKIPPING

- ▶ 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



KETTLEBELL PASS THROUGH

- ▶ Stand holding a weight in your right hand. Starting position.
- ▶ Step back with your right foot and lower your upper body down by flexing the hip and the knee, keeping the torso upright. Lower your back knee. As you lunge, pass the weight under your front leg to your opposite hand.
- ▶ Pressing through the heel of your foot, return to the starting position. Repeat for the minute
- ▶ **Modification:** Omit the weight and bring your hands together under the front leg.

Demo Video

EXERCISE 3



SQUAT WALK OUT

- ▶ Lower into a squat position until your thighs are parallel to the floor. Pause, and hold that position for two counts.
- ▶ Place your hands on the floor just in front of you and begin to walk your hands forward until you are in an extended arm plank position.
- ▶ Reverse the pattern and return to the squat position and hold for a two counts. Repeat for the minute.

Demo Video