



CLICK FOR TIMER

WEEK-1-SAMPLE

EXERCISE 1



SKIPPING/MODIFIED 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



GENIE SQUATS

- ▶ Stand with your head facing forward and your chest held up and out. Place your feet shoulder-width apart or slightly wider.
- ▶ Cross your hands in front of you (like a "genie") to help keep your balance.
- ▶ Lower your bottom as you descend (like you're sitting into an imaginary chair) until your thighs are as parallel to the floor as possible. Your knees are over your ankles as much as possible.
- ▶ Keep your core tight, and push through your heels to bring yourself back to the starting position. Repeat for the minute.

Demo Video

EXERCISE 3



PUSH-UPS

- ▶ Come into plank position with your arms and legs straight, shoulders over your wrists.
- ▶ Hold your body up and keep your back straight by tightening your abdominal muscles.
- ▶ Lower your chest towards the ground by bending your elbows until your chest is just above the ground with your chest muscles engaging.
- ▶ Press upwards from your chest and shoulders, straightening your arms as you return to the starting position. Repeat for the minute.
- ▶ **Modification:** Knee push ups or push ups against the wall

Demo Video