



CLICK FOR TIMER

WEEK 4

EXERCISE 1



SKIPPING

- ▶ Have some fun with skipping with Buddy Lee's (Olympic Champion Jump Rope) check list
- ▶ Maintain your balance by looking straight ahead.
- ▶ Maintain your weight on the balls of your feet.
- ▶ Jump only high enough to clear the rope (approx. 1 inch off the ground).
- ▶ Land lightly on the balls of your feet.
- ▶ Keep your elbows near your sides.
- ▶ When turning the rope, make 2-inch circles with your wrists.

Demo Video

EXERCISE 2



SIDE LEG REPEATER

- ▶ Stand with your feet hip width apart, push your hips back.
- ▶ Take your right foot to the right and point the toe to the ground then bring your foot back to centre.
- ▶ Make sure that your left knee doesn't go beyond the left toes and your weight is on the left heel to mid foot. The left knee doesn't move during the exercise.
- ▶ Repeat 10 – 15, then change leg.

Demo Video

EXERCISE 3



CLIMBING CRUNCHES

- ▶ Lie back on a mat with knees bent, arms at sides, and head and shoulders raised a few inches off the floor.
- ▶ Raise both arms in front of your body, and alternately reach as high above your chest as you can, grasping the air with each hand as if you were climbing an imaginary rope.
- ▶ Repeat for the minute.

Demo Video