



CLICK FOR TIMER

## WEEK-7-Agility

### EXERCISE 1



#### SKIPPING or 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

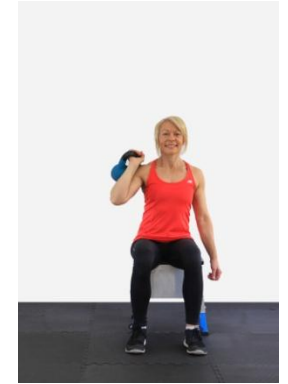
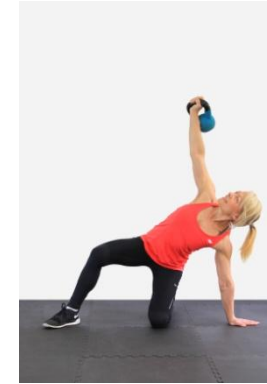


#### STEP STRADDLE

- ▶ Start with legs straddling your step.
- ▶ Jump up onto the step with both feet immediately jump down.
- ▶ Continue for the minute.
- ▶ **Modification:** Step feet up with right foot, up with left foot then down with right foot down with left returning to straddle.

Demo Video

### EXERCISE 3



#### TURKISH GET UP

- ▶ This is a very challenging exercise and I advise some coaching to be able to do it safely. Eva demonstrates the technique in the video.
- ▶ **Modification:** Sit to stand, start by holding a weight in your right hand and sitting on a chair.
- ▶ Brace your abdominal muscles, press through the heels of your feet at the same time stand up and press the weight into the air.
- ▶ Sit back down and repeat 8-10 times, change hand holding the weight. Repeat.

Demo Video