



CLICK FOR TIMER

WEEK 4 - AGILITY

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



SINGLE LEG DEAD LIFT

- ▶ Stand with your feet hip-width apart, and your left arm extended in front of you.
- ▶ Bending forward from your hips and keeping your back flat, raise your left leg straight behind you until your body and leg are parallel to the ground.
- ▶ Your left arm hangs down from your shoulder and reaches for the ground in front.
- ▶ Brace your abdominal muscles while pushing your hips forward and return to start.
- ▶ Repeat 10 to 15 times on the left leg then change leg.

Demo Video

EXERCISE 3



SIDE PLANK UNDER REACH

- ▶ Start in a side plank position, resting on your right forearm (elbow under shoulder) and the outside of your right foot (stack your feet or scissor them on the floor).
- ▶ Lift your hips and press your arm into the floor so your body is straight and not sinking down. Extend your left arm up.
- ▶ Keeping your body raised, reach your left arm under you. Hold for one count; return to the starting position.
- ▶ Repeat 10-15 (or 30 sec) then switch sides.
- ▶ **Make it easier:** Pivot with bent knees on the floor.

Demo Video