



CLICK FOR TIMER

WEEK-2-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



BALL LUNGE KNEE TOUCH

- ▶ Start in a left leg back lunge position, holding a ball overhead.
- ▶ Lower the ball to waist level, keeping the arms straight, engaging your core muscles. Simultaneously bring the left knee to meet the ball, return to start lunge position.
- ▶ Repeat on left leg 8-10 times then change leg.
- ▶ **Modification:** Omit the ball, keep arms at waist level, use a chair/wall for balance if required.

Demo Video

EXERCISE 3



SIDE BEAR WALK or BIRD/DOG

- ▶ **Start:** Position yourself on hands and knees. Engage your core muscles.
- ▶ **Side Bear Walk:** Lift your knees off the ground. Take your left foot out to the left side, then your left hand, followed by your right leg, right hand, taking a few steps to the left then go back to start with the right leg lead.
- ▶ **Bird/Dog:** Reach your right arm forward, left leg back, engaging the muscles in core, back of the leg and buttocks, then pause. Return to start and repeat for left arm/right leg. Continue alternating leg/arm for the minute.

Demo Video