JUMPING LUNGES



INSTRUCTIONS
1)LUNGE POSITION-(90/90)
2)JUMP AND EXCHANGE LEGS MID AIR AND RETURN TO LUNGE POSITION (REPEAT WITH DESIRED REPITIONS)

CUES
1) STRESS FORM OVER SPEED
2) CORE ENGAGEMENT
3) BEND KNEES TO ABSORB IMPACT
4) BREATHING MECHANICS

BENEFITS
1) BALANCE
2) STABILITY
3) POWER AND SPEED
4) CARDIORESPIRATORY

MUSCLES
QUADS, GLUTES, HAMSTRINGS, & CALVES

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MOUNTAIN CLIMBERS

INSTRUCTIONS
1) PUSH UP POSITION
2) DRIVE KNEE UNDERNEATH BODY TOWARD CHEST THEN RETURN
3) DRIVE OPPOSITE KNEE UNDERNEATH BODY TOWARD CHEST THEN RETURN (REPEAT WITH DESIRED REPITIONS)

CUES
1) STRESS RHYTHM AT FEET EXCHANGE, THEN INCREASE SPEED
2) CORE ENGAGEMENT
3) MAINTAIN UPPER BODY POSITIONING
4) BREATHING MECHANICS

BENEFITS
1) BALANCE
2) STABILITY
3) STRENGTH
4) POWER AND SPEED
4) CARDIORESPIRATORY

MUSCLES
TOTAL BODY/ABDOMINALS

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LATERAL JUMPS

INSTRUCTIONS
1) START ON SINGLE LEG
2) HOP LATERALLY OVER IMAGINARY LINE ONTO THE OPPOSITE LEG (REPEAT WITH DESIRED REPITIONS)

CUES
1) MINIMIZE DISTANCE OF JUMP/TEMPO IN BEGINNING (PROGRESSIONAL VARIABLES)
2) STABILITY (KNEES BENT TO ABSORB IMPACT)
3) CORE ENGAGEMENT
4) BREATHING MECHANICS

MUSCLES
QUADS, GLUTES, CALVES, HAMSTRINGS, AND CORE

BENEFITS
1) STABILITY
2) POWER
3) SPEED
4) CARDIORESPITORY

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JUMPING OBLIQUE TWISTS

INSTRUCTIONS
1) START WITH FEET TOGETHER
2) ARMS POSITIONED AWAY FROM THE BODY PREFERABLY MID CHEST TO SHOULDER HEIGHT
3) MAINTAIN FORWARD POSITION OF BODY
4) JUMP OFF GROUND AND ROTATE HIPS AWAY FROM MIDLINE, ARMS IN OPPOSITE DIRECTION OF HIPS, THEN SWITCH
(REPEAT WITH DESIRED REPITIONS)

CUES
1) KEEP UPPER TORSO TO FRONT
2) KNEES BENT TO ABSORB IMPACT
3) CORE ENGAGEMENT
4) BREATHING MECHANICS

MUSCLES
CALVES, OLIQUES, ABS, LOWER BACK

BENEFITS
1) PLYOMETRICS
2) RHYTHMIC
3) CARDIORESPITORY

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PENDULUM SWING

INSTRUCTIONS
1) START WITH FEET TOGETHER
2) SWING ONE LEG TO SIDE THEN BACK TOWARD MIDLINE THEN SWING OPPOSITE LEG OUT
3) MAINTAIN FORWARD POSITION OF BODY **(REPEAT WITH DESIRED REPITIONS)**

CUES
1) KEEP UPPER TORSO TO FRONT
2) LEGS EXTENDED STRAIGHT
3) CORE ENGAGEMENT
4) BREATHING MECHANICS

MUSCLES
GLUTES, CALVES, ADDUCTORS, & LOWER BACK

BENEFITS
1) CARDIORESPITORY
2) STABILITY
3) FLEXIBILITY

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RUNNING HIGH KNEES

INSTRUCTIONS
1) START WITH FEET TOGETHER OR RUNNING POSITION
2) DRIVE ONE KNEE TOWARD CHEST THEN RETURN TO STARTING POSITION EXCHANGING LEGS AT BOTTOM POSITION THEN REPEAT
3) MAINTAIN FORWARD POSITION OF BODY

CUES
1) SLOWER MOVEMENTS WITH PROGRESSION
2) KNEE ELEVATION
3) FLUID ARM MOVEMENT SIMULATING RUNNING
3) CORE ENGAGEMENT
4) BREATHING MECHANICS

MUSCLES
CORE, UPPER, QUADS, GLUTES, HAMSTRINGS, & CALVES

BENEFITS
1) CARDIORESPITORY
2) STABILITY
3) SPEED
4) STRENGTH

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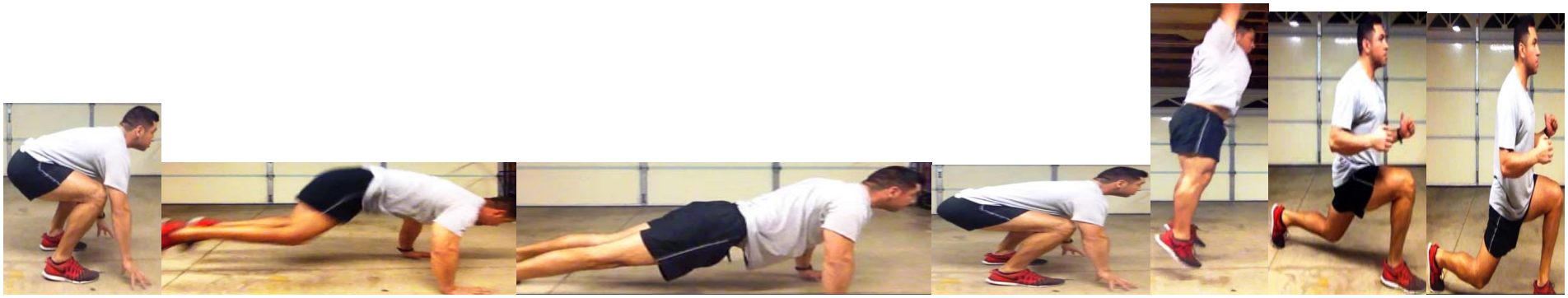
BURPEES WITH REVERSE LUNGE



INSTRUCTIONS
1) START WITH FEET TOGETHER
2) MOVE INTO SQUAT POSITION WITH HANDS PLACED ON GROUND TO SIDE OR SLIGHTLY OUT FRONT
3) EXTEND (KICK) LEGS OUT ACHIEVING PUSH UP POSITION (INCORPORATE PUSH UP OR NOT)
4) DRIVE BOTH KNEES BACK INTO CHEST INTO SQUAT POSITION
5) RISE TO FEET THEN JUMP WITH ARMS EXTENDED OVER HEAD
6) ON LAND, EXTEND RIGHT LEG BACK INTO LUNGE POSITION THEN RETURN TO STANDING POSITION
7) THEN SWITCH TO LEFT LEG BACK INTO LUNGE POSITION, RETURN TO STANDING (REPEAT DESIRED REPITIONS)

CUES
1) SLOWER TEMPO FOR FORM (PROGRESSIONAL SPEED INCREASE)
2) HAND POSITIONING UNDER SHOULDERS DURING PUSH UP POSITION
3) CORE ENGAGEMENT TO PROTECT BACK
4) BREATHING MECHANICS

MUSCLES
ENTIRE BODY

BENEFITS
1) STRENGTH
2) ENDURANCE
3) CARDIORESPITORY
4) SPEED/POWER

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JACKS AND CROSS TOE TOUCH

INSTRUCTIONS
1) TRADITIONAL SINGLE JUMPING JACK
2) RIGHT ARM DOWNWARD CROSS BODY EXTENSION WITH ARM TO LEFT FOOT
3) BACK INTO SINGLE JACK
4) LEFT ARM DOWNWARD CROSS BODY EXTENSION WITH ARM TO RIGHT FOOT (REPEAT WITH DESIRED REPITIONS)

CUES
1) STRESS FORM OVER SPEED
2) CORE ENGAGEMENT
3) BEND KNEES TO ABSORB IMPACT
4) BREATHING MECHANICS

MUSCLES
UPPER BODY, LOWER, OBLIQUES, AND CORE

BENEFITS
1) BALANCE
2) MOBILITY
3) FLEXIBILITY
4) CARDIORESPIRATORY

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SQUAT JUMPS



INSTRUCTIONS
1) START FROM SQUAT POSITION
2) JUMP WITH TRIPLE EXTENSION-ANKLES, KNEES, & HIPS
3) BACK INTO SQUAT (REPEAT WITH DESIRED REPITIONS)

CUES
1) STRESS FORM OVER SPEED
2) CORE ENGAGEMENT
3) RETURN BALLS OF FEET & BEND KNEES TO ABSORB IMPACT
4) BREATHING MECHANICS

MUSCLES
QUADS, GLUTES, CALVES, HAMSTRINGS, & CORE

BENEFITS
1) STABILITY
2) POWER/SPEED
3) ENDURANCE
4) PLYOMETRICS
4) CARDIORESPIRATORY

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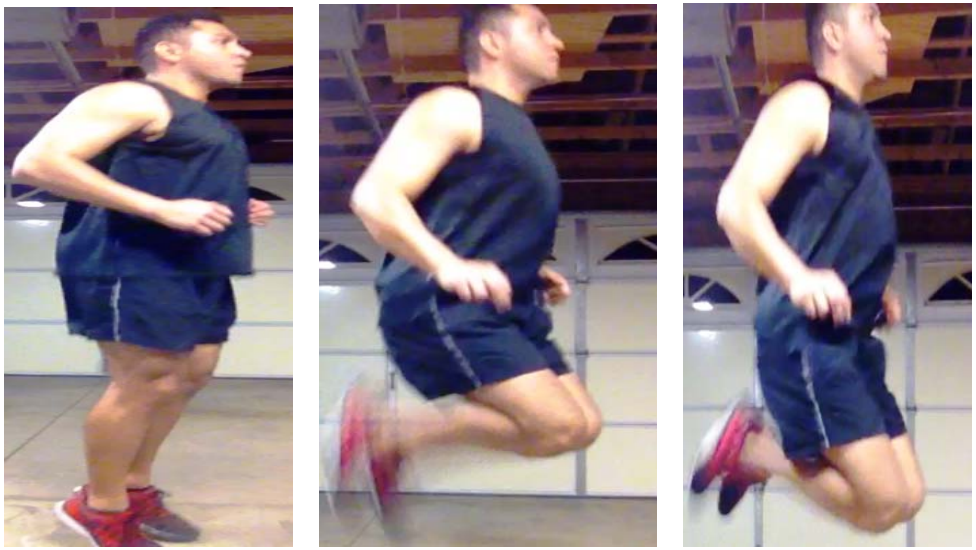
DOUBLE BUTT KICKERS



INSTRUCTIONS
1) START WITH FEET SHOULDER WITH UPART
2) JUMP 3-4 INCHES OFF GROUND
3) PULL BOTH HEELS BACK TOWARD GLUTES MID-JUMP AS FAR AS YOU CAN
4) RETURN TO STARTING POSITION (REPEAT WITH DESIRED REPITIONS)

CUES
1) STRESS FORM OVER SPEED
2) CORE ENGAGEMENT
3) BEND KNEES TO ABSORB IMPACT
4) BREATHING MECHANICS

MUSCLES
QUADS, GLUTES, HAMSTRINGS, CALVES, & CORE

BENEFITS
1) POWER
2) STRENGTH
3) FLEXIBILITY
4) CARDIORESPIRATORY

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JUMP TUCKS

INSTRUCTIONS
1) START IN SQUAT OR DEEP SQUAT POSITION
2) JUMP AS HIGH AS YOU CAN WHILE PULLING KNEES TO CHEST (REPEAT DESIRED REPITIONS)

CUES
1) FORM OVER SPEED
2) ELEVATE KNEES TO ONE'S ABILITY
3) CORE ENGAGEMENT
4) LAND ON BALLS OF FEET TO ABSORB IMPACT
5) BREATHING MECHANICS

MUSCLES
QUADS, HAMSTRINGS, CALVES, GLUTES, & CORE

BENEFITS
1) POWER/SPEED
2) STRENGTH
3) STABILITY
4) CARDIORESPITORY
5) STABILITY

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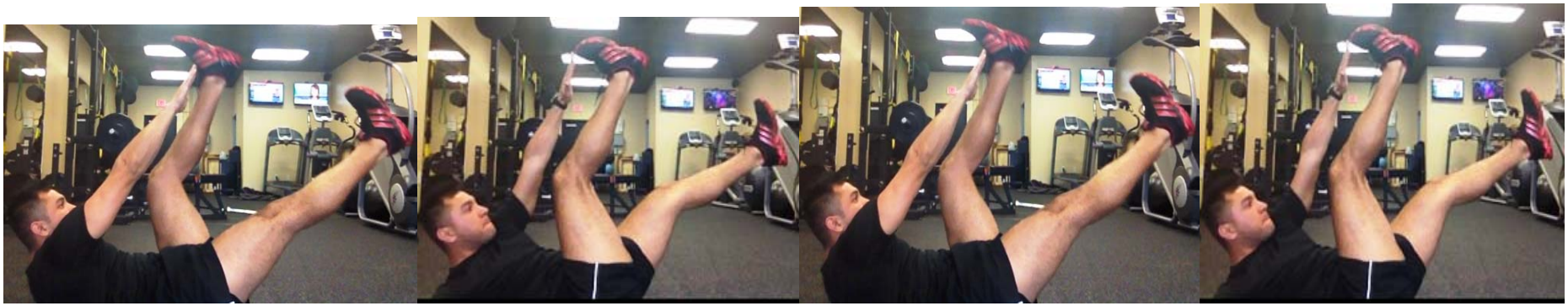
SCISSOR CRUNCHES



INSTRUCTIONS
1) LAY FLAT ON BACK
2) EXTEND ONE LEG WHILE EXTENDING THE OPPOSITE ARM OVERHEAD.
3) RAISE LEG TO MID LINE OF BODY SIMULTANEOUSLY MEETING EXTENDED ARM AT MIDLINE, THEN SWITCH (REPEAT WITH DESIRED REPITIONS)

CUES
1) MODIFY IF FLEXIBILITY, MOBILITY, OR STRENGTH ARE ISSUES
2) CORE ENGAGEMENT
3) TEMPO
4) BREATHING MECHANICS

MUSCLES
ABDOMINALS

BENEFITS
1) CORE STRENGTH
2) FLEXIBILITY
3) MOBILITY
4) CARDIORESPITORY

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