

JUMPING JACKS



Start in a standing position with hands by your side and feet together. Next, perform a mini-hop so while moving your legs move out to the side. At the same time, raise your arms to the side and then over head and clap your hands.

Then, hop again and return your hands and feet to original position. Repeat. Video # VV5QSXKE2

Repeat 20 Times

Complete 3 Sets

Perform 3 Times a Week

HOP STICK - FORWARD



Stand on one leg and then hop forward onto the other leg. Maintain your balance the entire time. Increase the difficulty by hoping forward further or higher. Video # VV8N227HG

Repeat 10 Times

Complete 3 Sets

Perform 3 Times a Week

HOP STICK - LATERAL



Stand on one leg and then hop to the side onto the other leg. Maintain your balance the entire time. Increase the difficulty by hoping to the side further and higher. Video # VVRQHK8QK

Repeat 10 Times

Complete 3 Sets

Perform 3 Times a Week



FORWARD AND BACKWARD JUMP

Jump forward using both legs. Land on the ground with both legs.

Jump backward using both legs. Land on the ground with both legs. Repeat. Video # VV3WXK6KT

Repeat 20 Times

Complete 3 Sets

Perform 3 Times a Week



JUMP TUCKS

Squat down and then use both legs to jump up into the air. While in the air bend both your knees and hips into a tucked position as shown. Land back on the ground with both feet and then repeat. Video # VVYW38ZNT

Repeat 10 Times

Complete 3 Sets

Perform 3 Times a Week



SPEED SKATER DRILL

Hop side-to-side landing on one foot. Swing arms alternately to assist with momentum.

Increase height and or speed for progression. Video # VVK5PW486

Repeat 10 Times

Complete 3 Sets

Perform 3 Times a Week

BURPEE

Start in a standing position. Next, bend your knees and lower yourself towards the floor. Place your hands on the floor as you straighten out your legs so that you are in a plank position with your toes and hands touching the floor. Maintain a straight spine and do not allow your back to sag down.

Then, reverse this and bend your knees back up and standing up again. Video # [VVDMWYWDC](#)

Repeat 10 Times

Complete 3 Sets

Perform 3 Times a Week

