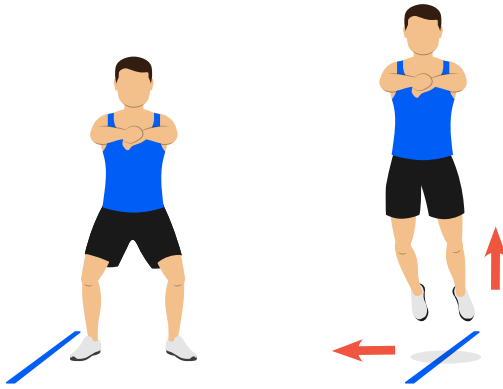




# exercise library

## Band Hop

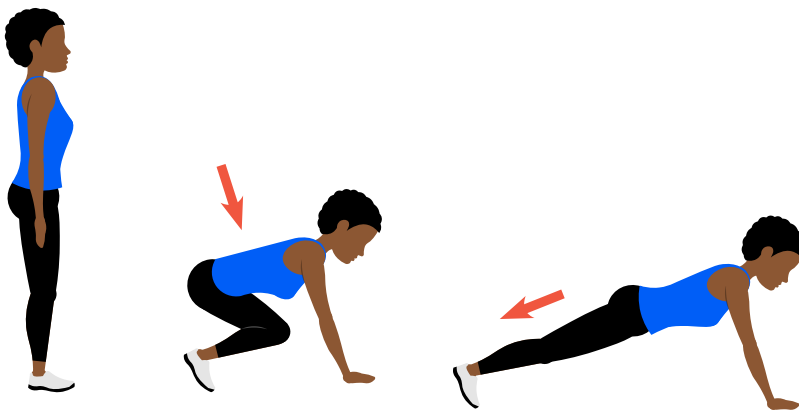


**START:** Lay the jump rope in a straight line on the floor and stand in a squat position on one side.

**MOVEMENT:** Jump up and over to the other side of the rope, landing with soft knees.

**TIP:** Try to keep your hands in front of you.

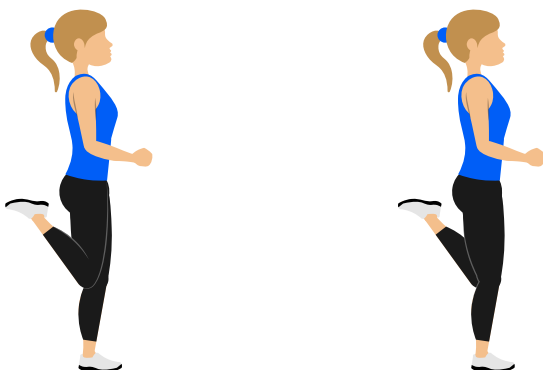
## Burpee



**MOVEMENT:** Start standing then squat down to the floor placing your hands directly under your shoulders. In one move, thrust your legs out, landing on your toes. Then in one move, jump your legs towards your chest while keeping your hands on the floor. Back to standing position.

**TIP:** For more of a challenge, add a small jump in the air when you stand back up.

## Butt Kick



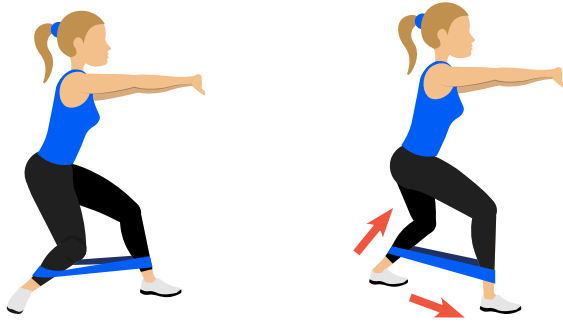
**START:** Stay in place and jog.

**MOVEMENT:** Bring each heel up to the butt on every movement, trying for a continuous run.

**TIP:** Use your arms as you would while jogging.

## Duck Walk

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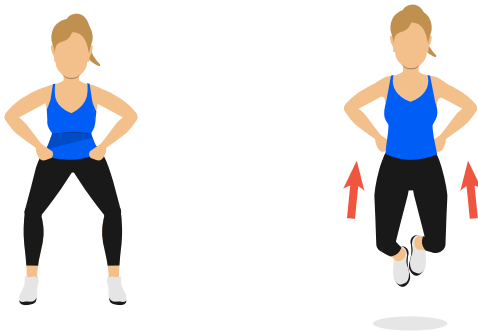
**START:** Stand with feet a little wider than shoulder width apart and bend the knees as if squatting.

**MOVEMENT:** Staying in a squat position, walk across the floor keeping the legs wide.

**TIP:** Keep the chest lifted up.

## Frog Jump

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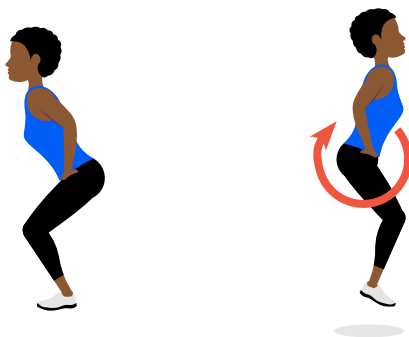
**START:** Stand in squat position, but back, kneed behind the toes.

**MOVEMENT:** Jump up with explosive move and clap feet together.

**TIP:** Bend legs as you jump for more challenge.

## Jump 180

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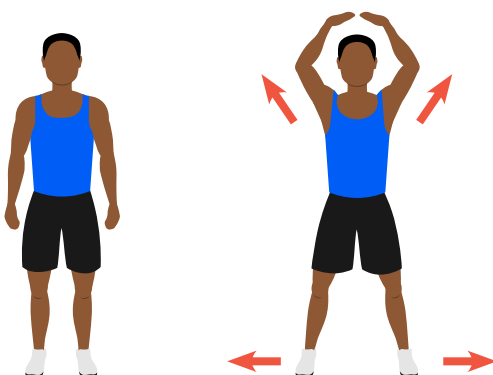
**START:** Stand in a squat position, hands on the hips.

**MOVEMENT:** Jump up and at the same time rotate the body in the air, landing to the opposite side.

**TIP:** Start with small rotations working up to 180 degrees

## Jumping Jacks

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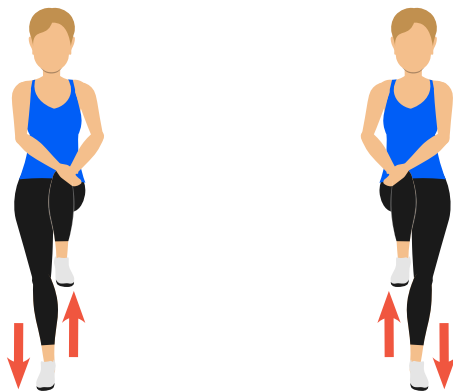
**START:** Stand with your feet together and hands at your side.

**MOVEMENT:** Jump off the ground and land with your feet a little wider than shoulder width and your hands coming together above your head. Without resting, jump back to start position.

**TIP:** Try to land with soft knees, not straight legs.

## Knee Taps

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**START:** Stand on one leg, the other leg lifted and bent at a 90 degree angle.

**MOVEMENT:** Hopping from one leg to the other while bringing the opposite knee up and tapping the lifted knee.

**TIP:** Try to keep a running motion, without stopping in between.

## Lunge Kick

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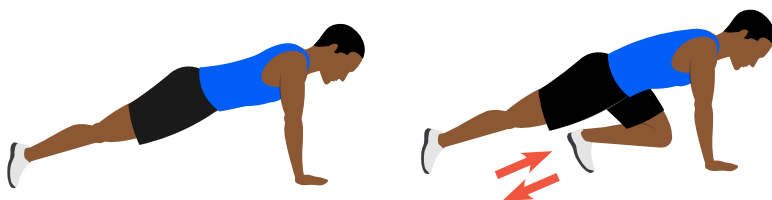
**START:** Start in a lunge position, front leg bent at a 90 degree angle, the back leg bent as well.

**MOVEMENT:** Stand up on the front leg as the back leg comes forward to kick in front of the body. Bring the same leg that kicked back again to a lunge.

**TIP:** Keep your hands in front of the body.

## Mt Climbers

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**START:** With hands on the ground, just under your shoulders and on your toes with back flat.

**MOVEMENT:** Keeping your elbows soft, draw one knee into the chest and push back out, then bring the other in to the chest without stopping in between.

**TIP:** Keep your abs tight