

Name:

Week 1

- Jump Rope – 2 minutes.
- Stretching
- Jump Rope – 2 minutes.
- Slow Motion Squats – 10 repetitions.
- Lateral Jumps – 20 repetitions.
- Alternating Jump Lunges – 10 repetitions.
- Tuck Jumps – 8 repetitions.
- Toe Raises – 20 repetitions
- REST FOR 1 MINUTE
- Slow Motion Squats – 10 repetitions.
- Lateral Jumps – 20 repetitions.
- Alternating Jump Lunges – 10 repetitions.
- Tuck Jumps – 8 repetitions.
- Toe Raises – 20 repetitions
- REST FOR 1 MINUTE
- Slow Motion Squats – 10 repetitions.
- Lateral Jumps – 20 repetitions.
- Alternating Jump Lunges – 10 repetitions.
- Tuck Jumps – 8 repetitions.
- Toe Raises – 20 repetitions

Four ticks next to each exercise mean you've done this on 4 different days and completed the training for the week. For example:

- Toe Raises – 20 repetitions      ✓ ✓ ✓ ✓

**Exercises:**

**Jump Rope** – A skipping rope is the only piece of equipment you need.

**Slow-Motion Squats** – Stand with your feet shoulder width apart. From this position slowly lower down until you are in a deep squat making sure your heels are flat on the ground. Hold for 2 seconds before slowly rising back to the starting position. Take 4 seconds to go down and 4 more seconds to come back up. Throughout the entire exercise make sure to keep your head up and back straight.

**Lateral Jumps** – These are performed best over a line or a stick. Stand parallel to the line on one side and quickly jump sideways back-and-forth over the line. Over and back equal one repetition.

**Alternating Lunge Jumps** - From a normal standing position, take one step forward with your right foot and one step backwards with your left foot. This is your starting position. Jump as high as you can in the air and switch leg positions.

**Tuck Jumps** – Tuck jumps involve descending into a comfortable squat and then jumping as high as possible and bringing your knees to your chest.

**Toe Raises** – Stand regularly, then raise up onto the tips of your toes. Lower yourself back down. Don't rock up and down, do it slowly (not too slowly) but steadily.