



Tri4Fitness.net

What are you trying to do for fitness?

## 5 minutes to Jump into Shape



Jumping is a great way to burn calories and increase power – the entire body is involved in jumping. Plus just think, no materials are even needed to jump – although a jump rope can make it much more interactive, interesting and challenging.

Not only does jumping provide cardiovascular work of general fitness, it also can help with power development and work on foot speed.

Try this . . .

Take 5 minutes and plan to perform each movement as fast as you can for 30 seconds and then move directly to the next exercise – while no rest, there are a few slower exercises or easier ones that act as rest. Remember when working out and doing cardio, the goal is to shock the body.

- Jump in place or jump rope – 30 sec.
- Hanging hamstring stretch – 30 sec.
- Squatted side to side jumps – 30 sec.
  - Squat down where you can touch the ground, hop laterally over a line and touch the ground and then repeat back to start
- In place lunges – 30 sec.
  - Lunge out, return to start and repeat
- Boxer jumps – 30 sec.
  - Done with or without a jump rope – alternate feet as if running in place
- Lateral Lunges – 30 sec.
  - Same as regular lunges, but to the side, alternate sides
- Split Jumps – 30 sec.
  - In a lunged position, jump and land in the opposite lunged position
- Broad Jumps – 30 sec.
  - Feet shoulder width apart, jump forward as far as possible and land softly in a squat like a frog

If you can complete one round thru all exercises easily, try going through the exercises a few times or add exercises.

