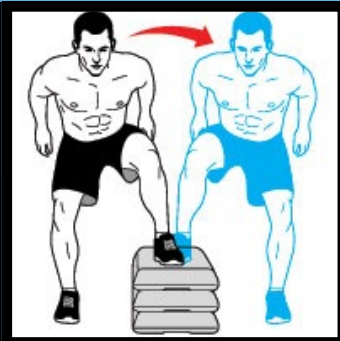
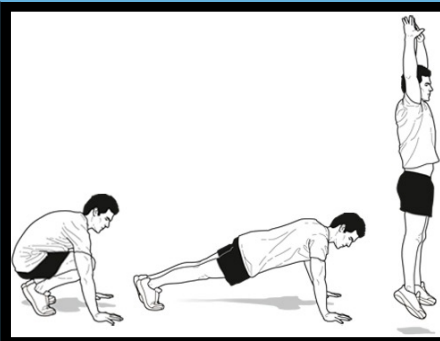
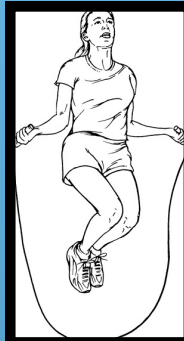


GUIDE TO YOUR TRAINING



ROPE JUMPING

HOLD AN END OF THE ROPE IN EACH HAND. POSITION THE ROPE BEHIND YOU ON THE GROUND. RAISE YOUR ARMS UP AND TURN THE ROPE OVER YOUR HEAD BRINGING IT DOWN IN FRONT OF YOU. WHEN IT REACHES THE GROUND, JUMP OVER IT. FIND A GOOD TURNING PACE THAT CAN BE MAINTAINED. DIFFERENT SPEEDS AND TECHNIQUES CAN BE USED TO INTRODUCE VARIATION.

BURPEE

BEGIN STANDING WITH YOUR LEGS SHOULDER-WIDTH APART. PLACE YOUR HANDS ON THE FLOOR AND KICK YOUR LEGS BACK SO YOU END UP WITH YOUR STOMACH AND THIGHS ON THE FLOOR. YOUR ELBOWS SHOULD BE BENT. FROM THIS POSITION, PRESS UP LIKE YOU'RE DOING A PUSH-UP AND PUSH YOUR HIPS UP. JUMP YOUR FEET UNDER YOUR HIPS AND STAND. FINISH THE MOVEMENT BY JUMPING IN THE AIR AND BRINGING YOUR HANDS OVER YOUR HEAD. REPEAT.

LATERAL SIDE STEPS

BEGIN IN AN ATHLETIC POSITION WITH YOUR KNEES BENT, YOUR FEET SHOULDER-WIDTH APART, AND YOUR ARMS BENT AND AT YOUR SIDES. LIFT YOUR RIGHT KNEE HIGH AND STEP Laterally TO THE RIGHT. AS SOON AS YOUR RIGHT FOOT HITS THE GROUND, LIFT YOUR LEFT KNEE HIGH AND STEP IT TOWARD YOUR RIGHT FOOT. WHEN YOUR LEFT FOOT TOUCHES THE GROUND. LIFT YOUR RIGHT KNEE AGAIN AND TAKE ANOTHER LATERAL STEP. REPEAT THIS MOTION BY TAKING THREE STEPS IN ONE DIRECTION AND THREE STEPS IN THE OTHER. FROM THERE, JUMP FORWARD 2-3 FEET. YOU SHOULD BE IN THE SAME POSITION YOU STARTED. MOVE QUICKLY AND STAY ON YOUR TOES.

