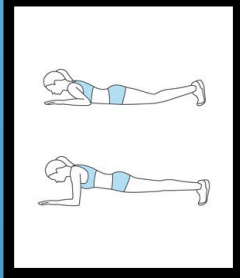
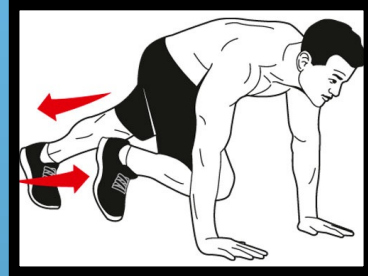
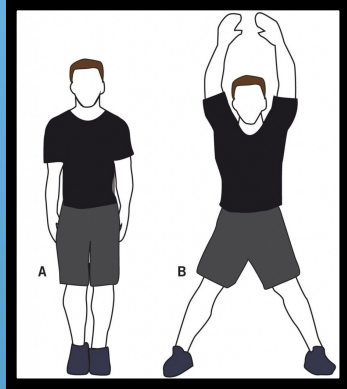


GUIDE TO YOUR TRAINING



HIGH KNEE JOG

BEGIN IN AN ATHLETIC POSITION WITH YOUR KNEES BENT, YOUR FEET SHOULDER-WIDTH APART, AND YOUR ARMS BENT AND AT YOUR SIDES. FLEX THE HIP AND BRING YOUR RIGHT KNEE UP TOWARD YOUR BELLY BUTTON. AS THE RIGHT LEG COMES DOWN, BRING THE LEFT KNEE UP. ALTERNATE LIFTING THE KNEES HIGH AS YOU JOG IN PLACE.

JUMPING JACK

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.

MOUNTAIN CLIMBERS

BEGIN IN A PUSHUP POSITION, WITH YOUR WEIGHT SUPPORTED BY YOUR HANDS AND TOES. FLEXING THE KNEE AND HIP, BRING ONE LEG UNTIL THE KNEE IS APPROXIMATELY UNDER THE HIP. THIS WILL BE YOUR STARTING POSITION. EXPLOSIVELY REVERSE THE POSITIONS OF YOUR LEGS, EXTENDING THE BENT LEG UNTIL THE LEG IS STRAIGHT AND SUPPORTED BY THE TOE, AND BRINGING THE OTHER FOOT UP WITH THE HIP AND KNEE FLEXED. REPEAT IN AN ALTERNATING FASHION.

PLANKS

GET INTO A PRONE POSITION ON THE FLOOR, SUPPORTING YOUR WEIGHT ON YOUR TOES AND YOUR FOREARMS. YOUR ARMS ARE BENT AND DIRECTLY BELOW THE SHOULDER. KEEP YOUR BODY STRAIGHT AT ALL TIMES, AND HOLD THIS POSITION AS LONG AS POSSIBLE. TO INCREASE DIFFICULTY, AN ARM OR LEG CAN BE RAISED.

