

# Exercise of the Month

October, 2016

## Heismann

**Purpose:** Increase power, speed, and caloric burn, while improving balance and agility

**Target Muscles:** Glute Maximus, Quadriceps, Hamstrings, and Cardiovascular System

**Assisting Muscles:** Abdominals

**Equipment Needed:** None

**Start:** Warm up muscles for about 60 seconds prior to completing the Heismann. Begin by standing on a firm surface with feet shoulder-width apart.

**Movement Phase 1:** Using the right leg, jump to the right and land on the ball of the foot. Balance on your right leg as you pull your left knee toward your torso. Hold for 1-3 seconds.

**Movement Phase 2:** Using the left leg, jump to the left and land on the ball of the foot. Balance on the left leg as you pull the right knee toward your torso. Hold for 1-3 seconds.

**Repeat:** Alternate as quick as you safely can between the right and left leg. Perform for 20 seconds, take a 10 second break. Repeat 8 times for a great interval training bout.



## Modification

**Beginner:** Land with both feet on the floor and with longer holds between jumps.

**Advanced:** Perform a double Heismann by adding two quick foot shuffles in-between every knee lift.



From Corporate Fitness Works Team Leader, Candace Snapp

Corporate Fitness Works, Inc.