

Exercise of the Month

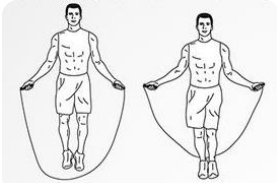
February 2018

Jump Rope Circuit

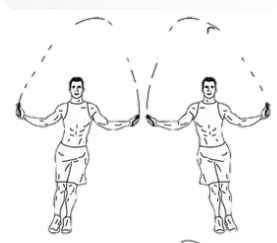
Purpose: Build agility, quickness and bone strength with an inexpensive, easy-to-travel jump rope.

Target Muscles: Cardiorespiratory System as well as the gastrocnemii (calves), quadriceps, hamstrings, glutes, abdominals, forearms, and deltoids

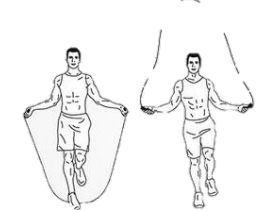
How it Works: Perform each exercise for 60 seconds. Complete three sets with 30 seconds of rest between each set.



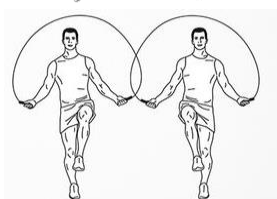
1. **Feet Together:** Simultaneously, push through the ball of each foot. Land softly on the same part of the foot with a slight bend in the knees. Feet should remain together throughout the exercise.



2. **Side-to-Side:** Simultaneously, push through the ball of each foot and hop right and left 3 inches or more. Land softly on the same part of the foot with a slight bend in the knees. Feet should remain together throughout the exercise.



3. **Alternating Legs:** Push off the ball of the right foot and land softly on the ball of the left. Repeat these single leg hops making sure only one foot touches the ground at a time.



4. **High Knees:** Push off the ball of the right foot and land softly on the ball of the left. In addition, alternate driving the knees until there is a 90 degree bend in the hip.



From Corporate Fitness Works Team Leader, Natalie Gish

Corporate Fitness Works, Inc.