

Today you are working on doing these exercises correctly. You want to have the right form. A rep is how many times you do one exercise.

## First, let's warm up!

### 1 Side-to-Side Hops: do for 30 seconds

- Bend the knees slightly and hop as high as you can to one side and then the other side.
- You can also hop forward to backward or hop in place.



### 2 Jog in Place: do for 30 seconds

- Jog in place.
- Make sure you are also swinging your arms the whole time.

**Chair modification:** while seated, do the same arm and leg motions as above.



### 3 Step Ups: do for 30 seconds (You need a stair step or stool for this exercise.)

- Step onto the step or stool with one foot and then the other foot.
- Now step off the step or stool with one foot and then the other foot.
- Pump your arms or hold onto the wall or stair railing for support.
- Keep stepping in the up-up-down-down pattern as fast as possible.



**Do these 3 more times. Then get water and rest for 30 seconds.**

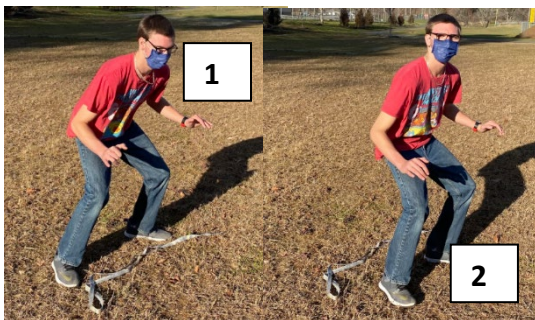
## Week 2 – Alpine Ski

### 1. Mountain Climbers



- Start in a push up position on the floor.
- From this position bring your right knee up to your chest and then back.
- Now bring our left knee up to your chest and back.
- Alternate your right and left leg at a quick pace.
- Do this for **30 seconds or 20 times**.

### 2. Front to Back Jumps



- Spread your feet hip-width apart with a piece of rope or string in front of your feet
- Jump forward with both feet, roughly one foot, over the obstacle
- Now jump backwards to where you started
- Continue jumping back and forth as quickly as possible
- Do this for **30 seconds**

### 3. Squat Y Raise



- Stand in front of chair.
- Squat down and stop just above the seat.
- Hold this squat and make a "Y" with your arms.
- Lower your arms out in front of you – **keep squatting!**
- Move arms up and down in a "Y" **still in the squat for 15 times or for 30 seconds**. Then stand.

### 4. Long Lateral Jumps



- Start by balancing on your right foot
- Now, jump as far as you can toward the left, landing and balancing on your left foot
- Jump back to the right
- Maintain your balance on one foot at a time
- Do this for **30 seconds**

Remember to go back through all 4 exercises 1 more time.

It is important to always take time to reset and rest. Stretching helps refresh the muscles.

## 1 Calf Stretch:

- Stand facing a wall.
- Put your hands against the wall at shoulder height.
- Put one foot in front of the other.
- Bend your elbows and lean in toward the wall. You will feel a stretch in your calves.
- Keep your knee straight and your hips forward.
- Make sure your heel stays on the ground. Stay in place for 20 seconds.
- Switch your feet and repeat the stretch.



## 2 Chest Stretch:

- Stand tall near a wall.
- Raise your left arm so that your elbow is shoulder height.
- Bend your elbows and place your forearm on the wall.
- Turn your body to the right. You should feel a stretch in your chest muscles. Hold it for 20 seconds.
- Repeat the stretch with your right forearm on the wall and twisting to your left side.



## 3 Tricep Stretch:

- Stand or sit tall with your left arm by your ear.
- Bend your left elbow so that your hand touches your back.
- Reach over your head with your right arm and grab your left elbow with your right hand.
- Pull your left arm even closer to your ear.
- You should feel a stretch in your upper left arm. Hold it for 20 seconds.
- Repeat the stretch with your right arm by your ear and your left arm grabbing your right elbow.

