

Today, we will be working on our jumping skills. To go as far as you can in the standing or running long jump, you have to have strong legs and strong core muscles.

## First, let's warm up!

1

**Jog in Place: Do for 30 seconds**  
**Take It Up a Notch: Jump Rope for 30 seconds**

- Jog in place or march in place (instructions on page 14).
- Make sure you are also swinging your arms the whole time.

**Chair modification:** Do the same motion while seated in a chair.



2

**Windmills: Do for 30 seconds**

- Stand with your feet shoulder-width apart and your arms out straight to the sides, like a "T."
- Bend forward and reach your right hand across to touch your left foot. Keep your arms and legs as straight as possible.
- Stand back up with your arms out.
- Then, bend forward again and reach your left hand across and touch your right foot.
- Repeat.



**Chair modification:** Do the same motion while seated in a chair.

3

**Arm Circles: Do for 30 seconds**

- Stand or sit tall with your arms straight down at your sides.
- Slowly make large circles with your arms in the forward direction.
- Repeat this same motion in the backward direction.
- Perform this exercise standing/sitting or while walking.



**Rest for 30 seconds, then get water. Repeat 2 more times.**

# Week 3 – Snowboarding



## 1. Reverse Lunge to Balance



- Stand up tall. Take a big step back with one leg and drop your back knee toward the ground.
- Press up to return to standing, then raise your knee up and balance on one leg. Return to both feet on the ground. This is 1. To make it harder, keep your foot off the ground as you bring it forward.
- Step back with other leg and do the same action with the other leg. This is 2.
- Keep switching legs for a **total of 20 times**.

## 2. Froggers



- Make sure you have room in front of you to jump
- Squat down as low as you can (picture 1) and jump forward as far as you can; swing your arms as you jump (picture 2)
- Quickly turn around and repeat; turn around after each jump
- Jump back and forth for **30 seconds**

Remember to go back through all 5 exercises 1 more time.

## 3. Side plank - Right



- Lie on right side on ground, with elbow under shoulder and legs out, or bend your knees

- Lift hips off ground until body is in a straight line from head through ankles; hold **30 seconds**



*First time? Do this one first!*

## 4. Side plank - Left



- Same as above, just go to the other side
- Hold for **30 seconds**



*First time? Do this one first!*



## 5. Burpees



- Start in standing position
- Drop down to a push-up position
- Now jump both feet forward bringing them up under your chest



- Jump straight up as high as you can while bringing your arms above your head
- Repeat and do this **10 times**

Do these 3 stretches when you wake up and right before you go to bed.

## 1 Butterfly Stretch: Hold for 30 seconds

- Sit on the ground with the bottoms of your feet touching each other.
- Let your knees fall toward the floor.
- Your feet should be close to your body.
- Sit tall and lean forward over your feet.
- You should feel a stretch in your groin.



## 2 Wrist Stretch: Hold for 20 seconds.

- Stand or sit tall and put your arms straight out in front of you.
- Turn the palm of one hand towards the ground.
- Use the other hand to pull your hand down toward the ground.
- Next, turn your palm face up toward the ceiling.
- Use the other hand to pull your fingers back toward the ground.
- Switch arms and repeat both stretches.



## 3 Crossed Leg Hip Stretch: Hold for 30 seconds

- Lay on the ground with your right knee in the air.
- Put your left ankle on top of your right thigh.
- Grab underneath your right thigh. Pull your thigh towards your chest.
- You should feel a stretch in your left hip.
- Switch legs and repeat the stretch.

**Chair Modification:**  
while seated, do the same motions as above.

