

Aerobic Exercises

1. Skip and Twist: Great for warm-up or aerobic exercise using the whole body.

- Start with simple skipping, with easy small steps. Skip 10 full strides, then stop and turn around.
- Next, add a full arm swing and drive your knees a bit higher.
- Next, twist your waist with each skip, driving your knees upward and your arms across your body.



2. Sit and Stand: simple way to get your heart rate up while exercising your whole body.



- Stand in front of a step, then sit down.
- Lean back as you extend your legs in front of you.
- Bring your feet back in and stand up, using your hands to help you up if needed.
- To make this tougher, take away your hands or add a jump at the end of the movement. Repeat for 1-2 minutes.

3. Front Kick Plank: another whole-body, low-impact exercise that gets your heart rate up. Take your time and hold onto a chair or wall for balance if needed.

- Begin with your feet together and arms up.
- Bring your right knee up and kick the leg out.
- Bring your right leg back behind you, then put your hands on the floor in a runner's stretch.
- Bring your left leg back, next to your right leg, so you are in a "plank" position, like doing pushups.
- Step the left foot forward, back into a runner's stance, stand up and kick the right leg again, continuing with your front kick planks on the same leg. Repeat the series on the other side, repeating for 1-3 sets of 10-16 reps.



4. Plyo-Jacks: like very slow jumping jacks with a squat.

- With your feet together, lower into a squat, bringing your arms in front of you.
- Jump your feet out to the sides, landing in a squat and circling your arms up and over your head.
- Jump up once again, bringing your feet together and circling your arms back down. Repeat for 30-60 seconds.

5. Long Jumps: just like it sounds.

- Stand with feet close together, make sure you have plenty of room in front of you.
- Lower into a squat and jump forward as far as you can.
- Land with bent knees to protect joints. Repeat for 30-60 seconds.

6. Side to Side Jumping Lunges: Take your time at first and ease into it with slow reps.

- Bend your right knee, turning the body to the left in a runner's lunge.
- Touch your right fingers to the floor if you can.
- Jump up to shift your feet in the air and lunge to the right side, touching your left hand to the floor. Continue alternating sides for 30-60 seconds.



7. Squat Jumps: Again, take it easy at first.

- Squat as low as your can.
- Jump up as high as you can, taking your arms overhead.
- Land with soft knees back into your squat and repeat for 30-60 seconds.
- If the impact is too much, you can do the move without jumping.



8. Prisoner Squat Jumps: like squat jumps, but focus more attention on the core.

- Do the squat jump as described above, but put your hands behind your head the whole time.

9. Mountain Climbers: a high-intensity exercise that will build leg endurance and agility.

- Begin in a pushup position on your hands and toes.
- Bring your right knee in towards the chest, resting your foot on the floor.
- Jump up and switch feet in the air, bringing your left foot in and right foot back. Continue going back and forth as fast as you safely can for 30-60 seconds.
- To make this easier, rest your hands on a step, platform, or even a chair if needed.



10. Squat Thrust (Burpees): works the entire body and gets your heart rate up in a short period of time.

- Squat to the floor, placing your hands on the floor.
- Jump the feet out behind you so that you're in a pushup position.
- Immediately jump the feet back to start, stand up and repeat for 30-60 seconds.

