WORKOUT OF THE DAY

Jump Rope HIIT
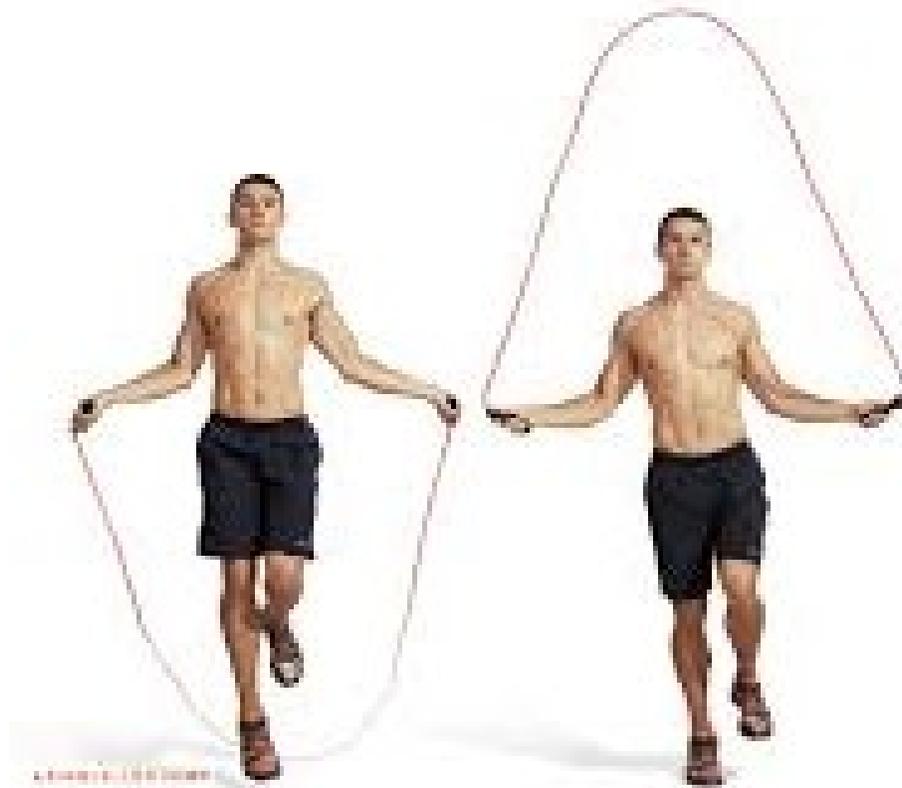
Jump Rope HIIT

Equipment Needed:

◦ Skipping rope

Workout:

◦ Skip on both feet for 10 skips, then shift to your right foot for 10 skips, then your left for 10 skips. Go back to both feet for 9 skips, then right and left for 9 each. Keep dropping a rep until you hit zero.

◦ 20 Burpees
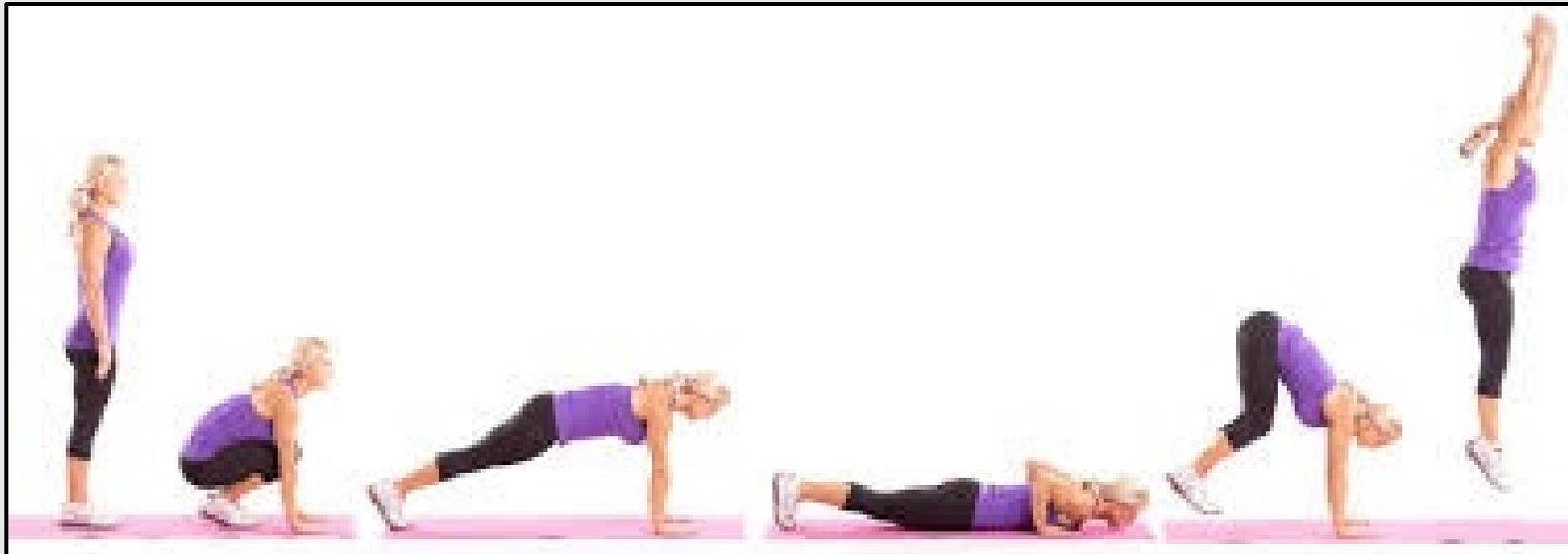
◦ 20 Tuck Jumps

◦ 20 Squats

Repeat 1-4 times

Jump Rope

- Skip on both feet for 10 skips
- Shift to your right foot for 10 skips
- Then your left for 10 skips.
- Go back to both feet for 9 skips
- Then right and left for 9 each.
- Keep dropping a rep until you hit zero.

Burpees

- Begin in a standing position
- Move into a squat position with your hands on the ground.
- Kick your feet back into a hand plank position, while keeping your arms extended.
- Immediately return your feet into squat position.
- Stand up from the squat position.

Tuck Jumps

- Start with your feet apart and your chest up

- Drop your butt back and down

- Drive your arms up and push off the floor

- Lift your knees toward your chest

- Bend your knees as you land to absorb the impact

Squats

- Stand facing forward with your chest up.

- Place your feet shoulder-width apart or slightly wider.

- Bend at your knees and hips, sticking your butt out like you're sitting into an imaginary chair.

- Keep your chest lifted and your spine neutral, and do not let your lower back round.

- Squat down as low as you can, keeping your head and chest lifted. Keep your knees over your ankles and press your weight back into your heels.

- Keep your body tight, and push through your heels to bring yourself back to the starting position. This is one rep.