

STRENGTH 1

3 WAY CALF RAISES

Standing with your feet hip-width apart and toes pointing out, lift your heels up as high as they will go and then lower yourself down with control. Repeat 15 times then change your feet to pointing forward for another 15 repetitions, and then point the toes in for 15 repetitions.

Progression/Alternative

Too easy: carry weight or increase the number of repetitions to 20.

Too hard: start with fewer repetitions and work up to 15.



PLANK WITH ARM/LEG LIFTS

Hold a plank position for 30 seconds, lifting either an arm or a leg off the floor every 5 seconds and alternating arms/legs. Make sure that you hold the plank straight throughout and do not let your hips sag.

Progression/Alternative

Too easy: extend the plank hold to 45 seconds or try lifting the opposite arm and leg at the same time.

Too hard: drop to your knees for a half plank or hold the full plank but do not lift the arms/legs.



SKIPPING

Skip for up to 2 minutes using a skipping rope.

Progression/Alternative

Too easy: skip faster and/or for longer.

Too hard: Try jumping jacks (star jumps) instead of skipping.

