

ACTIVE AT HOME

Skipping Workout

Equipment: Optional 1 Skipping Rope

Skip for one minute

10 Squat to Overhead Press (using rope)

Skip for one minute

10 Lunge Twists

Skip for one minute

10 Squat with back pull

Skip for one minute

10 kneel downs with front raise

Skip for one minute

10 Russian Twists

Skip for one minute

10 single leg deadlifts

Other leg

Skip for one minute

10 Sit-ups with overhead reach

Skip for one minute

10 push-ups (3 count down, one count up)

GREAT WORKOUT!

Remember to always exercise within your means. Modify or take breaks as needed!