

# Climb for Air 1

By Fitness Rehab

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## 10-1

Jump Rope

Dumbbell Swing

Plunges

Round 1: Perform 10 repetitions of each exercise (except Jump Rope—perform 100)

Round 2: Perform 9 repetitions of each exercise (except Jump Rope—perform 90)

Round 3: Perform 8 repetitions of each exercise (except Jump Rope—perform 80)

Round 4: Perform 7 repetitions of each exercise (except Jump Rope—perform 70)

Continue until you perform only 1 repetition of each exercise and Jump Rope 10x.

Jump Rope

Target	Cardio, Calves, Forearms
Action	<p>Balance: Your weight is on the balls of your feet, your knees slightly bent. Don't jump more than an inch. Keep your body upright, eyes front, and elbows close to your side while making small circles with your wrists.</p> <p>The Jump: It's a slight push, but it comes from the ankles, calves, knees, and hips. Push through the floor with the balls of your feet and point your toes downward as you lift off.</p> <p>The Landing: Land softly by spreading the impact through your ankles, knees, and hips. Contact with the ground should be as brief as possible, and your heels should never touch the ground.</p>
Modification/Variation	Until your coordination catches up to your fitness level, pretend you have a jump rope in your hands and practice form. If your fitness level and coordination need a challenge, turn the rope under your feet two times (double unders) for every single jump.

Dumbbell Swings



Target	Glutes, Core, Quadriceps, Shoulders Added Benefit: Invokes great cardiovascular response
Action	Start in sumo squat stance holding dumbbell laterally between thighs. To begin the movement of the dumbbell, squat deeply pushing hips back until the dumbbell is well clear of groin. Stand up out of squat, thrust hips forward, and swing the dumbbell as high as possible. The momentum of the squat-thrust should carry the dumbbell skyward in order to limit the workload of the arms.
Modification/Variation	It is not necessary to lift dumbbell overhead to still gain conditioning benefits.

## Plunges



Target	Thighs (Quadriceps and Hamstrings) & Gluteals
Action	Start in a right lunge position (both knees at 90 degree angles), jump straight up with feet together and land in a left lunge position. Then jump and switch legs back to right lunge start position. This is 1 repetition.
Modification/Variation	Eliminate the jump and perform reverse lunges.