

Climb for Air 2

By Fitness Rehab

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5 Rounds: 50 Jump Rope, 40 Alt. Step Ups, 30 Bicycles, 20 Dumbbell Swings, 10 Push Ups

Round 1: Perform each exercise with the given number of repetitions (50-10).

Round 2: Perform each exercise with the given number of repetitions (50-10).

Round 3: Perform each exercise with the given number of repetitions (50-10).

Continue for 5 complete rounds.

50 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.

40 Alternating Step Ups



Target	Glutes and Hamstrings Added Benefit: Great for balance training
Action	Use a sturdy chair or patio bench for step up platform. Make sure the bench/chair is no higher than knee height. Place one foot toward the middle of the platform with the heel of the foot firmly planted. Stand straight up on platform extending all the way through supporting knee and hip. Tap foot on top of bench for stability, or elevate knee to challenge balance. Carefully return to floor and switch legs. Each knee raise counts as 1 repetition.
Modification/Variation	Add dumbbells to increase intensity.

30 Squats



Target	Quadriceps, Hamstrings, Gluteals
Action	Start with feet hip width apart or slightly wider. Slowly flex the knees and drive the hips back towards the level of the knees and raise arms in front for balance. Extend knees and hips and return to starting position. It is more important that heels remain grounded as opposed to lowering hips to or below knee level. If the ability to keep heels grounded is inhibited by lack of flexibility or strength, just bend knees and hips to a 45 degree angle.
Modification/Variation	To increase intensity, add weight by holding dumbbells at shoulder or hips.

20 Burpees



Target	Glutes, Core, Legs Added Benefit: Invokes great cardiovascular response
Action	Start in a standing position, feet hip width apart. Crouch down and place hands on either side of feet, jump feet out into a plank, jump back in, then stand up.
Modification/Variation	To increase intensity and add more target muscles (chest and arms), add a push up from the plank position.

10 Box Jumps

Box Jumps

Target	Cardiovascular conditioning, Glutes, Hamstrings and Quadriceps
Action	With two feet, jump onto a box 18-22 inches high, land softly with soft knees and entire foot. To exit bench, extend hips while before pushing off box or in mid-air. Gently land on the ground: toe, ball, heel. Repeat as quickly as possible.
Modification/Variation	Step-ups are no longer an option! Lowering the step or jumping onto the curb is optional.