

Climb for Air 1

By Fitness Rehab

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5 Rounds

- 25 Jumping Jax
- 25 Burpees
- 25 Step Ups
- 25 Sumo Jumps

25 Jumping Jax

Target	Cardio
Action	Start with feet together and hands by hips. Simultaneously, jump feet out shoulder width apart and extend arms overhead. Return to starting position by jumping feet back together and returning hands to hips.
Modification/Variation	To decrease intensity, eliminate jump by stepping out and in and/or extending arms only shoulder height.

25 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.
Modification/Variation	To decrease intensity: Hold plank for 1 minute in lieu of push-ups. Decrease range of motion in elbows (any bent—no matter how slight—counts as a repetition). Place hands on a step or elevated surface. Perform push up on knuckles if action aggravates wrists.

25 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.

25 Sumo Jumps



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.