

Exercise of the Month



Purpose: A great exercise for building cardiovascular endurance, conditioning, as well as increasing lower body strength.

Target Muscles: Primary: Cardiovascular system/Heart. Secondary: Hamstrings, Quads, and Calves.

Equipment: No equipment needed, though utilizing a non-slippery surface is advised.

Movement:

- Begin in a split-stance with your right leg forward and left leg back.
- Put your arms in a similar but alternate position, with your left arm forward and right arm back with a bent elbow.
- Quickly push off the ground, with just enough force so that your feet are 2-4 inches in the air.
- You will now simultaneously perform two different actions:
 - One: once your feet are airborne, quickly switch your foot positioning so that your left foot is now forward, and the right is now back.
 - Two: perform the same, but alternate, motion with your arms. Your right arm should now be forward and left arm back with a bent elbow.
- Please note: your feet should always be kept close and tight to the ground. Do not simply jump as high as you can.
- As soon as you land, immediately push off the ground again and continue the cycle of movement for the desired time or rep-count. Remember, this is a rapid-fire exercise, similar to jumping jacks and high knees.

Benefits:

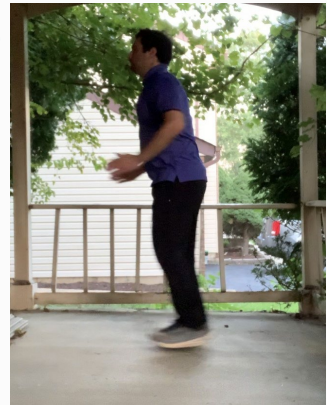
- Skiers are a beneficial exercise for improving cardiovascular fitness and endurance, improving lower body strength, and may even improve bodily awareness.

 [Click here](#) for a video demonstration of this exercise!

1.



2.



3.

