

CHALLENGE

JUMP ROPE BODYWEIGHT
WORKOUTS:



USE YOUR BODY
AS YOUR
MACHINE

EXERCISE LIBRARY

ШАВНА КАМИНСКИ СРТ, СТТ, ВКИН, ВЕО
ЗНАМИЯ КЪМИНСКИ СЪЛ' СЛ' ВКИН' ВЕО

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1. Bicycle crunch

- Lie on your back and bring one elbow towards the opposite knee.
- Alternate opposite knee to elbow.
- Ensure the lower back is pressed into the floor at all times.



Position A – Bicycle Crunch



Position B – Bicycle Crunch

2. Bulgarian split squat (strong)

- Rest one foot on a bench.
- Step forward with the other foot, do NOT allow the knee to extend over the toe.
- Lower the body down and return to start.



Position A



Position B

3. Burpees

- From a standing position, drop down into plank position
- Draw the legs back towards the hands and jump up
- Repeat
- (Add a push up from the plank position for a more advanced burpee)
- Modify – do a burpee walk out: from the plank position, walk one foot out, then walk the other, then walk the feet in, one at a time
- Modify – do a full body extension (eliminate the squat thrust/plank/push up)



4. Decline push up

- Keep the abs braced and body in a straight line from toes to shoulders.
- Place the hands on the floor slightly wider than shoulder-width apart.
- Place the feet on a bench or incline.
- Slowly lower yourself down until you are an inch off the bench.
- The steeper the decline, the more difficult the push up (the lower the decline, the more modified).
- Push through your chest, shoulders and triceps to return to the start position.
- Keep your body in a straight line at all times.
- Keep the eyes looking forward versus dropping the chin to the chest.



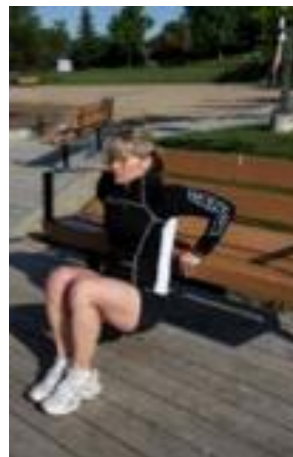
Position A



Position B

5. Dip

- Place hands beside hips on the edge of a bench, arms locked, fingers forward
- Drop bottom down as arms bend, elbows backward
- Return to start by pushing on the heel of the hand, locking elbows
- Ensure back/hips are close to the bench, don't go too deep
- *if you feel this in the front of the shoulders, modify the depth and ensure the back isn't too far from the bench
- Intensify by extending the legs to a straight position



Dip A

Dip B

6. Get ups

- Get into a plank position.
- Lower the body from hand to elbow on one side and then the other to go into the low plank position.
- Push back up, one hand at a time to return to high plank position.
- Alternate the hand that you push up on first each time.



Position A



Position B



Position C

7. Incline push up

- Keep the abs braced and body in a straight line from toes to shoulders.
- Place the hands on the bench or incline slightly wider than shoulder-width apart.
- Slowly lower yourself down until you are an inch off the bench.
- The steeper the incline, the more modified the push up (the lower the incline, the more difficult).
- Push through your chest, shoulders and triceps to return to the start position.
- Keep your body in a straight line at all times.
- Keep the eyes looking forward versus dropping the chin to the chest.



Position A



Position B

8. Inverted Row

- Find a low bar where you can do an inverted plank.
- Grasp the bar with an overhand, shoulder width grip.
- Raise the chest towards the bar.
- Lower with control.
- To modify, bend the legs push more from the heels.
- To intensify, make the body as plank like as possible.



Position A



Position B

9. Lateral lunge

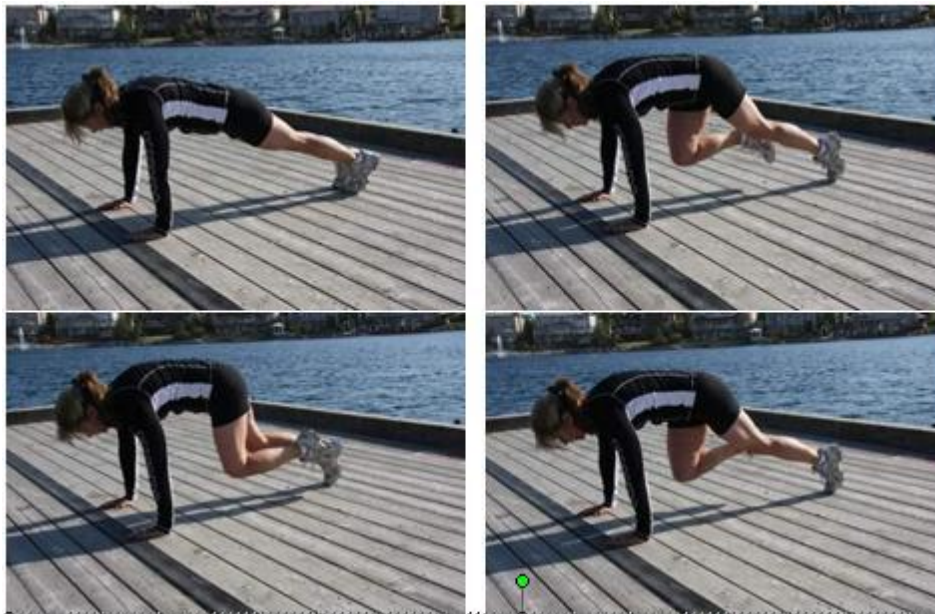
- Take a step directly to the side
- Touch the knee or the toe (if possible) with opposing hand, bending forward slightly at the waist
- Try to keep both feet flat on the ground the entire time
- Push off the heel to standing position
- Repeat on opposite side
- Add a hop in between steps

- Modify – touch the knee, modify depth



10. Mountain climber

- Get into a plank position
- Draw one knee into the chest, keeping the shoulders over the hands, try to keep the leading toe off the ground
- Switch legs as quickly as possible
- Modify – rest when needed, go into a front plank instead



11. Plank

- Brace your abs. Put your elbows directly under your shoulders, palms up.
- Keep your back flat, your body should form a straight line from your shoulders to your ankles.
- Hold the plank position for the designated time.



12. Pull ups or assisted pull ups

- Grasp the bar with an overhand, wide grip.
- Pull yourself up until your chin is over the bar.
- Return to full hanging position with control.



Position A – Body Weight Pull Up



Position B – Body Weight Pull Up

13. Push ups

- Keep the abs braced and body in a straight line from toes/knees to shoulders.
- Place the hands on the floor slightly wider than shoulder-width apart.
- Slowly lower yourself down until you are an inch off the ground.
- Push through your chest, shoulders and triceps to return to the start position.
- Keep your body in a straight line at all times.

- Keep the eyes looking forward versus dropping the chin to the chest.
- Modify – drop to the knees



Position A – Push up



Position B – Push up

14. **Rev Bench Step**

- Stand at the top of the bench
- Slowly drop one foot to the ground and touch toe, try not to push off bottom toe
- Lift or 'step up' on heel of top foot
- Repeat on opposite side



15. **Reverse hip lift**

- Lay on back, weight on upper shoulders
- Lift hips off the ground and hold, squeeze gluts
- Pulse: lower hips a few inches and pulse
- Keep shins perpendicular to ground



16. Reverse lunges (each leg)

- Take a big step backwards and bend back knee towards ground
- Keep toes on front foot visible (do not let the knee extend over the toes)
- Keep weight on the heel of front foot as you step forward
- Do the same with the opposite leg
- Add weights to load the movement.
- Modify – if the knees are irritated with a lunge, swap out a stiff legged dead lift to work the hamstrings instead, or modify depth



17. Spider crawl

- Get into plank position
- Slowly draw one knee towards chest
- Try to keep toe off the ground
- Return the leg to starting position
- Repeat on opposite side

- Ensure the shoulders are directly over the hands
- Keep hips down
- Keep tight abs throughout movement
- Modify – drop to the knees between reps if needed



18. **Sprinter start skip hop**

- Assume a sprinter start position with hands on the ground, one foot back (no weight on back foot, it's only used for balance)
- In a fluid motion, step forward with back leg and drive knee upwards
- Drive opposite hand in the air
- Return to start
- Repeat on the opposite leg



19. **Squat jump**

- From squat position, powerfully jump to fully extended position, raise arms overhead
- Decelerate as feet touch the ground, return to squatting position
- Modify – eliminate the jump



20. Squats

- Stand with legs hip width apart
- Sit butt down as if sitting in a chair
- Keep abs tight and eyes up
- Push off heels to return to standing position
- Intensify by adding weight at the shoulders (hold as if doing a press)
- Modify –unload, modify depth



21. Spiderman push up

- Keep the abs braced and body in a straight line from toes (knees) to shoulders.
- Place the hands on the floor slightly wider than shoulder-width apart.

<http://www.ChallengeJumpRope.com>

- Slowly lower yourself down until you are 2 inches off the ground.
- As you lower yourself, slowly bring your right knee up to your right elbow.
- Keep your foot off the ground as you do so.
- Push through your chest, shoulders and triceps to return to the start position, and return your leg to the start position. Alternate sides until you complete all repetitions.
- Keep your body in a straight line at all times and try not to twist your hips.
- Modify – do the push up, then the spider crawl without bringing the elbow to the knee



22. Swing lunge

- Stand with your feet shoulder width apart, holding a dumbbell or kettlebell at chest height.
- Step forward with one leg into a lunge position, taking a larger than normal step.
- Drop your back knee just above the ground and bend your front knee as well, keeping your upper body straight.
- Drive through your front leg and bring it behind you, performing a reverse lunge with the OTHER leg.
- That's one rep; repeat for all reps and then switch legs
- Modify – Unload the exercise (no added weight)



23. Triple stop push up

- Keep abs braced and body in a straight line from knees to shoulders. Hands should be slightly wider than shoulder width apart.
- Lower into a pushup position, but halfway down pause for one second.
- Then continue to lower yourself until you are 2 inches off the ground. Pause for one second.
- Return to the starting position. That's one rep.
- Modify – drop to the knees



24. Wall sit

- 'Sit' against a wall or flat surface, legs at right angles
- Keep head on wall, tight abs
- Hold position for specified length



25. Wall stick ups

- Stand with your back against a wall. Your feet should be as close to the wall as possible and your butt, upper back, and head should all be in contact with the wall at all times.
- Stick your hands up overhead. Keep your shoulders, elbows, and wrists touching the wall. Slide your arms down the wall and tuck your elbows into your sides.
- This should bring your shoulder blades down and together, contracting the muscles between your shoulder blades as well as the shoulder muscles.
- From the bottom position, try to slowly slide your arms up until they are straight and in a "stick-em up" position. Try to improve your range of motion each week.
- The goal is to improve shoulder mobility and postural control.



Position A – Wall Stickups



Position B – Wall Stickups

26. X body mountain climber

- Brace your abs. Start in the top of the push-up position.
- Keep your abs braced, pick one foot up off the floor, and slowly bring your knee up to your opposite shoulder. Do not let your hips sag.
- Keep your abs braced and slowly return your leg to the start position.
- Alternate sides until you complete all of the required repetitions.
- Modify – drop to the knees to rest when needed



Cool Down

- Hamstring stretch



- Quad stretch



- Child's pose



- Child's pose lat stretch



- **Downward facing dog**



- **Triceps stretch**



- **Standing torso stretch**



- **Prone torso stretch**

