

Advanced Running Programme



THE FITNESS ROPE

1. PISTOL SQUAT WITH FRONT RAISE



This exercise works your legs, core, back and shoulders. Step one foot onto the rope and hold the handles out in front of you. Bend the leg that is standing on the rope and straighten the other leg out to the front whilst keeping the foot off the floor. Keep your back straight and engage your core. Keep your hips backward whilst your raising arms out towards shoulder height. Lower the arms as you stand back up. Repeat 10 times for each leg

2. DYNAMIC LUNGE (DOUBLE PULSE) WITH FLYE



This exercise works your legs, core and chest. Place the rope behind your back just under your armpit. Hold the rope (either doubled up or single) with thumbs up and fingers pointing towards the rope. Take a big step forward and bend both knees to 90 into a lunge. At the same time keeping your arms long, bring your palms towards one another in a chest flye. Keep your head and chest up and the front knee behind your toes. Drop your back shin parallel to the floor. Cross your arm over and pulse at the bottom then push off the front foot to return to start position. Alternate the legs and complete 20 reps front knee behind your toes. Your back shin drops parallel to the floor, push off the front foot to return to start position. Alternate the legs and complete 20 reps.

3. TRIPLE SIDE SINGLE LEG SKIP

Visit our YouTube channel to see a video of this exercise

This works your cardio, core and legs. As you swing the rope stay on one leg and travel to one side as you skip 3 times. Do a double foot skip and the go back on the other leg to the other side, see how fast you can get!! You can do any type of skipping you feel comfortable with but as you improve try to do a different skipping skill. This will make your workout more interesting.

4. SPEED SKIP 45 SECONDS

This improves your cardio fitness. Skip as fast as you can and count the number of skips you complete. Skip for a total of 45 seconds and each time try to beat your record!

5. BURPEE SQUAT PRESS



This exercise works your cardio, legs, core, back and shoulders. Stand on the rope holding handles so that your little finger is at the rope end! Then place your hands on the floor whilst still holding the rope and keeping your body weight in your arms. Jump your legs back into a plank, then jump your feet back onto the rope, push into legs and press arms above the head. Repeat 10 -15 times

6. SINGLE LEG SKIP COMBOS

Visit our YouTube channel to see a video of this exercise

This exercise improves your cardio fitness. Skip on one leg swapping feet at intervals increasing speed as you master the skip. Skip for 45 seconds and try and improve on the total number of skips you complete within the time. For a simpler skip just do a basic two footed skip as fast as you can for the entire 45 seconds.

7. PLANK WITH TRICEP KICKBACK



This works the core and triceps. Wrap the rope around your hands so that the length of the rope is approximately shoulder width apart. Place your hands on the floor and get into a plank position. Step your feet wider than hip distance and brace from your core. As you lift one elbow in a rowing action past your ribs, hold at the top and then straighten the arm towards your ankle. Keep your body still and bend the arm and return your hand to floor. You can repeat on the same side or alternate sides. Repeat 10 times both sides

8. REVERSE LUNGE WITH OVERHEAD PRESS



This exercise works your legs, shoulders and core. Hold the rope handles making sure your little fingers are at rope end. Step onto the rope and keep your hands at shoulder height. Take a long step backwards with one leg and then bend both knees to 90 degrees. Stay up on the toes, and simultaneously press the rope above the head till the arms go straight keep tension in the mid-section and the back straight. Return the foot to the rope and lower the arms to start position. Repeat 10 -15 times each leg

9. WOOD CHOP



This exercise works the legs, core, upper back and shoulders. Attach the rope to an immovable object at floor level or under your foot if you prefer. Turn your body side on and put both handles into hands with thumbs pointing up (little fingers closest to rope). Step the feet wide with your outside foot turned out. Then with straight arms (soft elbow) pull the rope across the body diagonally towards the sky until the arms are above the outside shoulder. Allow the rope to return under control. To make the exercise harder make the rope shorter which will give you more resistance. Repeat 15-20 times and change sides.

10. PRESS UP SPIDERMAN



This exercise works your chest, shoulders, waist, core and back. Tie the rope into a loop and place both feet into the loop and get into a press up position with elbows and wrists in line. Hold on to the rope handles. Bend your arms until your chest lines up with elbow and pull one knee to the outside of the elbow. Return the foot and repeat. Alternatively you can attach the rope to an immovable object and place feet into the loop. Repeat 10 times each side or alternate sides

11. BACKWARD SKIP COMBO ½ TURN

Visit our YouTube channel to see a video of this exercise

This exercise improves your cardio fitness. Skip backwards a couple of times and then as the rope goes over the head follow it with your head and turn your body with it, then move into a forward skip and repeat

12. SPEED SKIP 45 SECONDS

This improves your cardio fitness. Skip as fast as you can remembering to count the total number of skips (on one leg) for 45 seconds each time try to beat your record.

13. SUPERMAN ON KNEES WITH OPPOSITE ARM PRESS



This works your core, abs and back. Wrap the rope over the top of the feet and bring the rope between the knees. Roll over onto your hands and knees. Keep your shoulders above your wrists and your hips above your knees. Keep the rope in your hands and extend opposite arm and leg away from the body. Make sure you keep your back still and your abs pulled in towards your spine. Repeat 10-15 times each side.

COOL DOWN



It is very important to cool down after exercise as it will decrease the risk of injuring yourself. Here are some suggested cool down exercises. Hold each position for 60 seconds.



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