

SINGLE/DOUBLE ARM SQUAT & PRESS



Keep feet hip width apart, hands over shoulder height holding the handles of the rope. As you stand up, extend one arm overhead.

Advanced option: extend both arms over head.

DYNAMIC FORWARD STEPPING LUNGE



Place the rope around your back and hold the handles at chest height. Take a step forward with your right leg and let your left knee bend towards the floor. Repeat with opposite leg.

Advanced option: step forward as above but extend your left arm as you step.

SEATED ROW



Sit on the floor with the rope wrapped securely around your feet. Keeping your elbows close to your body, pull your hands towards your ribs, making sure you sit upright at all times.

DOUBLE CRUNCH



Lie on your back and lift your knees above your hips. With the rope wrapped securely around your feet, bring your hands to your temples. Lift your shoulders slightly and as you bring one knee a little closer to your chest, you twist your opposite shoulder towards that knee.

PRESS UP



Place the rope around your back at about shoulder height. Hold the handles on the floor with your hands wider than your shoulders. Complete your press up on your knees.

SIDE RAISERS



Stand with both feet on the rope and feet about hip width apart. Cross the rope over to make a cross shape and hold the handles. Lift your arms out to the side stopping at chest height. Lower slowly and repeat.

TRICEP EXTENSION



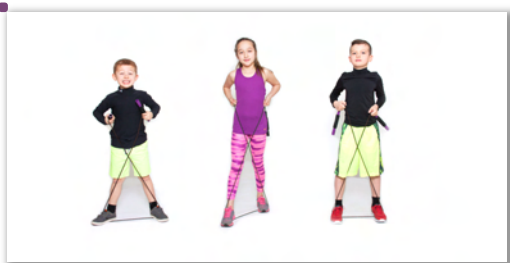
Put the rope under your feet and keep your feet hip width apart. Holding on to the handles, place your hands behind your head and elbows to the ceiling. Raise your arms above your head and slowly lower.

MOUNTAIN CLIMBERS



Wrap the rope securely around your feet. Face the ground and hold the handles against the floor, keeping your hands directly below your shoulders. Start with one leg stretched out as far back as you can go and one knee bent towards the chest. With a little 'jump' switch feet so they change position. Keep your back straight.

CORE WALKERS



Stand on your rope and cross the handle over so you make a X with the rope. Walk your feet out one step wider on each side and then back again. This will feel like a penguin waddle. Keep body upright and avoid leaning forwards. You can also try going forwards and backwards.



Don't forget you can skip with your Resist&Skip rope too!!

Try skipping as a warm up for 30 seconds. You can skip on the spot or even skip around the room.

To make your work out harder, then why not try skipping for 30 seconds between each exercise?

ALSO, REMEMBER TO COOL DOWN AFTER EXERCISE TO AVOID INJURY.