

Aerobic/Anaerobic Conditioning

High Knee Drill



Exercise Description:

High Knee Drill

Classification:

Aerobic/Anaerobic Conditioning

Instructions:

1. Stand in place with feet hip width apart.
2. Drive knee up towards chest and quickly place the foot back on the ground.
3. Drive other knee up in a moderate to fast jog with minimal ground contact time.

Fast Feet on Box



Exercise Description:

Fast Feet on Box

Classification:

Aerobic/Anaerobic Conditioning

Instructions:

1. Stand behind box and place one foot on top of box, heel close to the closest edge.
2. Push off the box and explode vertically to bring the other foot onto the box.
3. Step back down with your feet reversed.
4. Repeat with other leg and continue according to prescribed number of repetitions.

Treadmill



Exercise Description:

Treadmill

Classification:

Aerobic/Anaerobic Conditioning

Instructions:

Start by placing the speed at a comfortable walk. If you want increase the speed until you are into a jog or run.

You can also place the treadmill on an incline to increase the difficulty.

Seated Bike



Exercise Description:

Seated Bike

Classification:

Aerobic/Anaerobic Conditioning

Instructions:

Starting Position: Adjust the seat so that your legs have just a slight knee bend when your foot is at the bottom position.

Increase the resistance until you are challenged yet can keep good cycling form.

Recumbent Bike



Exercise Description:

Recumbent Bike

Classification:

Aerobic/Anaerobic Conditioning

Instructions:

Sit in the seat and adjust the seat so that your knee is slightly bent when the pedal is in the farthest position.

Adjust the resistance so that it is challenging yet allows you to keep good technique.

Stair Climber



Exercise Description:

Stair Climber

Classification:

Aerobic/Anaerobic Conditioning

Instructions:

Place your feet on the steps and adjust the resistance so that you are climbing at a fairly quick pace.

Continue to climb but do not lean on the arms or support yourself with your arms.

Elliptical

Exercise Description:

Elliptical

Classification:

Aerobic/Anaerobic Conditioning

Instructions:

Place your feet on the foot plates and grab the arm handles.

Set your resistance so that it is challenging and start the elliptical motion by pulling machine arm with one arm and push the other machine arm.

Pick a pace that will elevate your heart rate yet let you stay on the machine for a while.

Jumping Jacks



Exercise Description:

Jumping Jacks

Classification:

Aerobic/Anaerobic Conditioning

Instructions:

Start with your legs side by side and your arms by your side.

In one motion jump and spread your legs out to the side while your arms raise out and up over your head.

Land in this position and then return to the starting position and repeat.

Jump Rope (basic 2 feet)



Exercise Description:

Jump Rope (basic 2 feet)

Classification:

Aerobic/Anaerobic Conditioning

Instructions:

Start with the jump rope in each hand.

Jump off the ground and start swinging the jump rope under your feet.

Continue jumping up and down as you bring the jump rope under your feet.

Continue for the prescribed number of jumps or time.

Jump Rope (alternating foot)



Exercise Description:

Jump Rope (alternating foot)

Classification:

Aerobic/Anaerobic Conditioning

Instructions:

Start with the jump rope in each hand.

Jump off the ground and start swinging the jump rope under your feet.

Continue jumping up and down alternating your feet touching the ground as you bring the jump rope under your feet.

Continue for the prescribed number of jumps or time.

Jump Rope (side to side)



Exercise Description:

Jump Rope (side to side)

Classification:

Aerobic/Anaerobic Conditioning

Instructions:

Start with the jump rope in each hand.

Jump off the ground and start swinging the jump rope under your feet.

Continue jumping up and down as you bring the jump rope under your feet.

When you are jumping and the rope is above your head swing your legs out to the side and return your feet together before the rope swings under your feet again.

Continue for the prescribed number of jumps or time.

Jump Rope (backwards)



Exercise Description:

Jump Rope (backwards)

Classification:

Aerobic/Anaerobic Conditioning

Instructions:

Start with the jump rope in each hand.

Jump off the ground and start swinging the jump rope up over your head and then towards your feet. .

Continue jumping up and down as you bring the jump rope from behind under your feet.

Continue for the prescribed number of jumps or time.

Jump Rope (high knees)



Exercise Description:

Jump Rope (high knees)

Classification:

Aerobic/Anaerobic Conditioning

Instructions:

Start with the jump rope in each hand.

Jump off the ground and start swinging the jump rope under your feet.

Continue jumping up and down with one foot and then the other. While you are jumping bring your knees to your chest in a high knees motion.

Continue for the prescribed number of jumps or time.

Jump Rope (double jump)



Exercise Description:

Jump Rope (double jump)

Classification:

Aerobic/Anaerobic Conditioning

Instructions:

Start with the jump rope in each hand.

Jump off the ground and start swinging the jump rope under your feet.

Jump high enough and swing the rope fast enough so that the rope goes under your feet twice before you have to land on the ground.

Continue for the prescribed number of jumps or time.

Jump Rope (X Foot Cross)



Exercise Description:

Jump Rope (X Foot Cross)

Classification:

Aerobic/Anaerobic Conditioning

Instructions:

Start with the jump rope in each hand.

Jump off the ground and start swinging the jump rope under your feet.

Continue jumping up and down as you bring the jump rope under your feet.

When you are jumping and the rope is above your head swing your legs out to the side and return your feet towards the center and actually criss cross your legs and land with your legs crossed.

Continue for the prescribed number of jumps or time.

Jump Rope (forward straddle)



Exercise Description:

Jump Rope (forward straddle)

Classification:

Aerobic/Anaerobic Conditioning

Instructions:

Start with the jump rope in each hand.

Jump off the ground and start swinging the jump rope under your feet.

Continue jumping up and down as you bring the jump rope under your feet.

While you are jumping split the feet so that one foot goes forward and the other foot goes backwards. Keep switching the feet back and forth.

Continue for the prescribed number of jumps or time.

Jump Rope (side straddle)



Exercise Description:

Jump Rope (side straddle)

Classification:

Aerobic/Anaerobic Conditioning

Instructions:

Start with the jump rope in each hand.

Jump off the ground and start swinging the jump rope under your feet.

Continue jumping up and down as you bring the jump rope under your feet.

When you are jumping and the rope is above your head swing your legs out to the side and return your feet together before the rope swings under your feet again.

Continue for the prescribed number of jumps or time.

Jump Rope (half twister)



Exercise Description:

Jump Rope (half twister)

Classification:

Aerobic/Anaerobic Conditioning

Instructions:

Start with the jump rope in each hand.

Jump off the ground and start swinging the jump rope under your feet.

Continue jumping up and down as you bring the jump rope under your feet.

When you are jumping shift your feet to the left side land and then shift over to the right side.

Continue for the prescribed number of jumps or time.

Jump Rope (forward shuffle)



Exercise Description:

Jump Rope (forward shuffle)

Classification:

Aerobic/Anaerobic Conditioning

Instructions:

Start with the jump rope in each hand.

Jump off the ground and start swinging the jump rope under your feet.

Continue jumping up and down as you bring the jump rope under your feet.

When you are jumping shift one leg forward keeping your leg straight and then bring back and shift the other leg forward.

Continue for the prescribed number of jumps or time.

Jump Rope (backward shuffle)



Exercise Description:

Jump Rope (backward shuffle)

Classification:

Aerobic/Anaerobic Conditioning

Instructions:

Start with the jump rope in each hand.

Jump off the ground and start swinging the jump rope under your feet.

Continue jumping up and down as you bring the jump rope under your feet.

When you are jumping shift one leg backward keeping your leg straight and then bring back and shift the other leg backward.

Continue for the prescribed number of jumps or time.

Jump Rope (arm cross)



Exercise Description:

Jump Rope (arm cross)

Classification:

Aerobic/Anaerobic Conditioning

Instructions:

Start with the jump rope in each hand.

Jump off the ground and start swinging the jump rope under your feet.

Continue jumping up and down as you bring the jump rope under your feet.

As you swing the jump rope cross your arms across each other and twist the rope.

Return to normal arm position and then repeat again.

Continue for the prescribed number of jumps or time.

Jump Rope (full twister)



Exercise Description:

Jump Rope (full twister)

Classification:

Aerobic/Anaerobic Conditioning

Instructions:

Start with the jump rope in each hand.

Jump off the ground and start swinging the jump rope under your feet.

Continue jumping up and down as you bring the jump rope under your feet.

Rotate hips to left side while you are jumping and then rotate back to the right.

Continue for the prescribed number of jumps or time.

Jump Rope (2 Foot Slalom)



Exercise Description:

Jump Rope (2 Foot Slalom)

Classification:

Aerobic/Anaerobic Conditioning

Instructions:

Start with the jump rope in each hand.

Jump off the ground and start swinging the jump rope under your feet.

Jump high enough and shift the feet back and forth across a line.

Continue for the prescribed number of jumps or time.

Jump Rope (1 Foot Slalom)



Exercise Description:

Jump Rope (1 Foot Slalom)

Classification:

Aerobic/Anaerobic Conditioning

Instructions:

Start with the jump rope in each hand.

Jump off the ground and start swinging the jump rope under your foot.

Jump high enough and shift foot back and forth across a line.

Continue for the prescribed number of jumps or time and then repeat with the other foot.

Jump Rope (1 leg 5x)



Exercise Description:

Jump Rope (1 leg 5x)

Classification:

Aerobic/Anaerobic Conditioning

Instructions:

Start with the jump rope in each hand.

Jump off the ground and start swinging the jump rope under one foot.

Continue jumping with the same foot for 5x and then shift to the other foot.

Continue for the prescribed number of jumps or time.

Jump Rope (1 leg front/back hop)



Exercise Description:

Jump Rope (1 leg front/back hop)

Classification:

Aerobic/Anaerobic Conditioning

Instructions:

Start with the jump rope in each hand.

Jump off the ground and start swinging the jump rope under one foot.

Shift the foot forward and backwards as you jump.

Continue for the prescribed number of jumps or time and then repeat with the other foot.

Jump Rope (2 leg front/back hop)



Exercise Description:

Jump Rope (2 leg front/back hop)

Classification:

Aerobic/Anaerobic Conditioning

Instructions:

Start with the jump rope in each hand.

Jump off the ground and start swinging the jump rope under your feet.

Shift the feet forward and backwards as you jump.

Continue for the prescribed number of jumps or time.

Rowing



Exercise Description:

Rowing

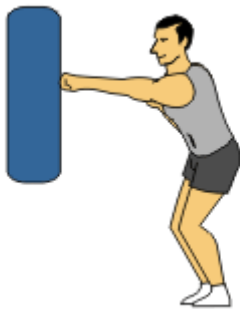
Classification:

Aerobic/Anaerobic Conditioning

Instructions:

1. Start by placing feet on foot plates and grabbing rowing bar.
2. Explode with your legs and pull with your arms to an extended position.
3. Return to the starting position and repeat according to the program. Try to keep your back somewhat straight throughout movement and just use your legs and arm.

Boxing



Exercise Description:

Boxing

Classification:

Aerobic/Anaerobic Conditioning

Instructions:

1. Start by fitting yourself with the proper sized gloves.
2. Next you want to hit the bag with a variety of movements. For example a left jab with a right cross, body punches, right cross only.
3. Proceed to hit the bag for the required time or however your cardiovascular program is designed.

Cycling



Exercise Description:

Cycling

Classification:

Aerobic/Anaerobic Conditioning

Instructions:

Burpees



Exercise Description:

Burpees

Classification:

Aerobic/Anaerobic Conditioning

Instructions:

1. From a standing position, jump as high as possible and land down on your feet with your hands on the ground.
2. Kick your feet back. For a moment you will be in a push up position and jump back up again as fast as possible.
3. Repeat for the required repetitions

Running



Exercise Description:

Running

Classification:

Aerobic/Anaerobic Conditioning

Instructions:

Swimming



Exercise Description:

Swimming

Classification:

Aerobic/Anaerobic Conditioning

Instructions:

Walking



Exercise Description:

Walking

Classification:

Aerobic/Anaerobic Conditioning

Instructions:

10,000 step walking



Exercise Description:

10,000 step walking

Classification:

Aerobic/Anaerobic Conditioning

Instructions:

This is a stepping program where you use a pedometer to count your steps in a day. It could be running or plyometrics, or anything that has you active and taking steps.

Mountain Climbers



Exercise Description:

Mountain Climbers

Classification:

Aerobic/Anaerobic Conditioning

Instructions:

1. Start by getting on your hands and feet in a prone position.
2. Keeping your body parallel to ground drive your knees up towards your chest alternating back and forth.
3. Repeat this movement for the required number of seconds.

Stair Climbing (double step)



Exercise Description:

Stair Climbing (double step)

Classification:

Aerobic/Anaerobic Conditioning

Instructions:

1. Start at the bottom of the stairs and step up two steps at a time.
2. Repeat for the recommended steps or time.

Single Step Stair Climb



Exercise Description:

Single Step Stair Climb

Classification:

Aerobic/Anaerobic Conditioning

Instructions:

1. Start by stepping onto the first step and step up to a standing position.
2. As you stand up place your other foot on the next step and continue to climb the steps one at a time.
3. Repeat this movement for the recommended time or number of steps.

Alternating Aerobic Lunge



Exercise Description:

Alternating Aerobic Lunge

Classification:

Aerobic/Anaerobic Conditioning

Instructions:

1. This can be high or low impact. Stand on the ball and take left foot diagonally behind you, punching left arm across the body. Bring the foot back and switch legs.
2. For high impact, begin with your foot on top, other foot lunging back. Jump up and switch so that the other foot lands in the middle of the BOSU and the other foot lunges.
3. Repeat for desired repetitions.

