



TRINITY
FITNESS NAMIBIA



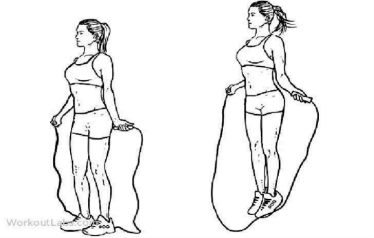
THE
JUMP ROPE
TRIATHLON



Comment:

Requires: Skipping Rope
Perform all exercises in sequence before repeating the workout.
Complete 3 Rounds.

Jump Rope (Skipping)

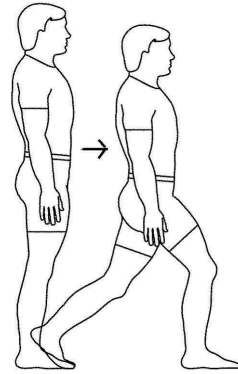


- Keeping your feet together, skip over the rope, maintaining consistent pace and rhythm throughout the exercise.

Special Instructions:

Keep arm movement as minimal as possible, making sure to turn the rope with your wrist.
Make sure to maintain good upright posture throughout.
Perform 1 set of 100 Repetitions, once every other day.

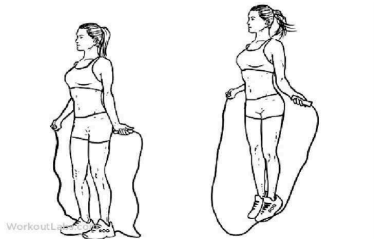
Forward lunge



- Stand.
- Step forward as shown, keeping trunk vertical.
- Push back up to starting position.
- Repeat.

Perform 1 set of 40 Repetitions, once every other day.

Jump Rope (Skipping)

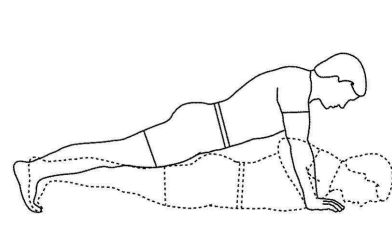


- Keeping your feet together, skip over the rope, maintaining consistent pace and rhythm throughout the exercise.

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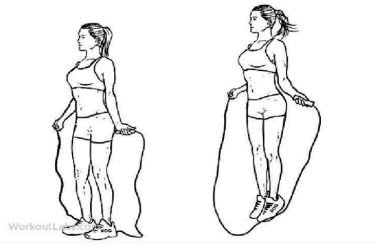
Push up



- Begin lying on floor, as shown.
- Push up, extending to straight elbows.
- Maintain a straight back.
- Repeat.

Perform 1 set of 20 Repetitions, once every other day.

Jump Rope (Skipping)



• Keeping your feet together, skip over the rope, maintaining consistent pace and rhythm throughout the exercise.

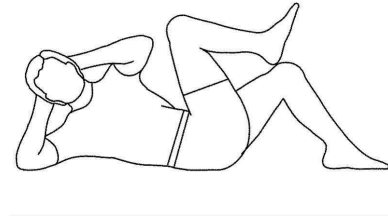
Special Instructions:

Keep arm movement as minimal as possible, making sure to turn the rope with your wrist.

Make sure to maintain good upright posture throughout.

Perform 1 set of 100 Repetitions, once every other day.

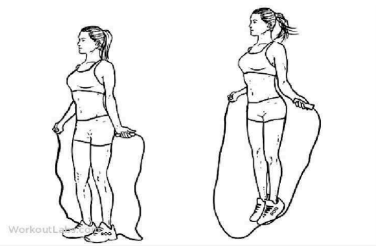
Diagonal crunch



- Lie on back with knees bent, and hands behind neck.
- Raise shoulder up and raise opposite knee up, twist until they touch.
- Lower and repeat with other side.

Perform 1 set of 40 Repetitions, once every other day.

Jump Rope (Skipping)



• Keeping your feet together, skip over the rope, maintaining consistent pace and rhythm throughout the exercise.

Special Instructions:

Keep arm movement as minimal as possible, making sure to turn the rope with your wrist.

Make sure to maintain good upright posture throughout.

Perform 1 set of 100 Repetitions, once every other day.