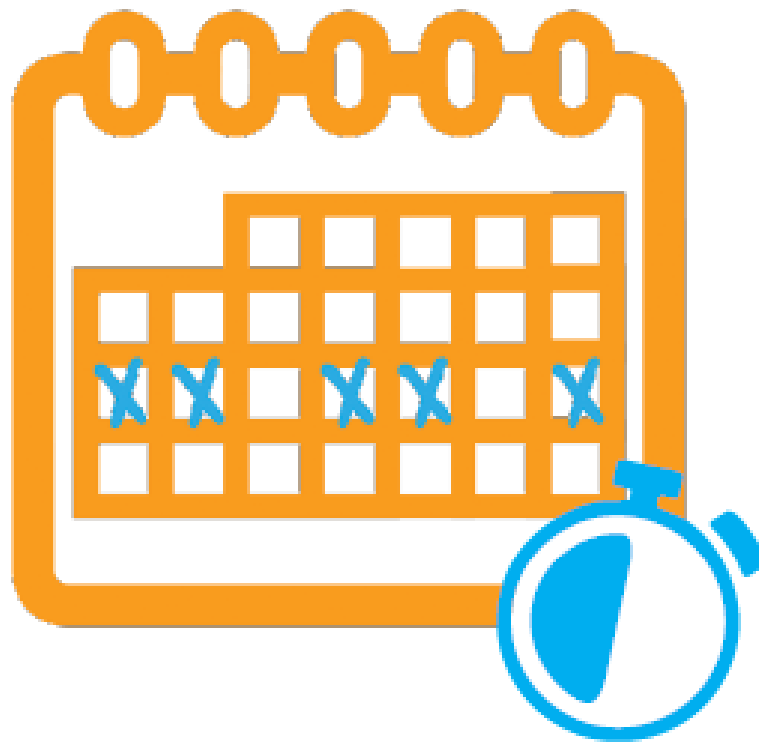


INTRODUCTION TO ENDURANCE

Endurance is the ability of your body to keep moving for long periods of time. Endurance can help you run farther distances without stopping and practice longer with fewer breaks.

Try your favorite endurance exercise for 30 minutes, 5 days each week.



CARDIO

1 Jump Rope Activities**A STATIONARY ROPE
(APART/TOGETHER)**

- Place the rope on the ground in a straight line.
- Straddle the rope with one foot on each side of the rope.
- Jump and move your feet apart.
- Jump and move your feet together.
- Repeat 20 times.



CARDIO

1 Jump Rope Activities

B BACKWARD BASIC JUMP ROPE

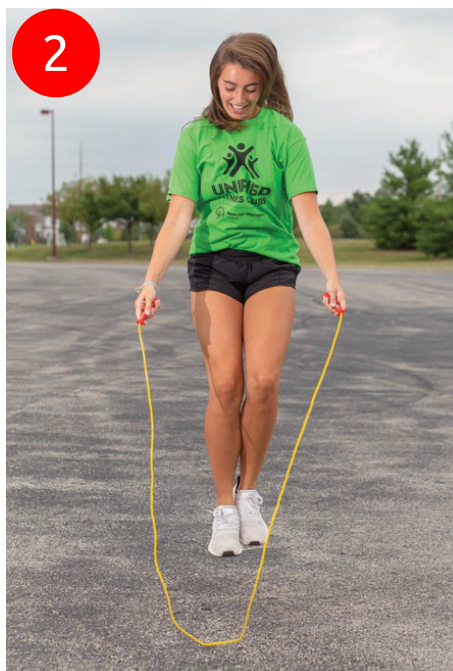
- Hold an end of the jump rope in each hand.
- Start the rope at your toes.
- Turn the rope backwards over your head and jump.
- Practice once, 3 times and 5 times in a row.



CARDIO

1 Jump Rope Activities**C STRADDLE JUMP ROPE**

- Hold an end of the jump rope in each hand.
- Start the rope behind you at your heels.
- Turn the rope forwards over your head and jump moving your feet apart to a straddle position.
- Continue turning the rope and bring your feet back together, like completing a jumping jack.
- Repeat sequence once, 3 times and 5 times in a row.

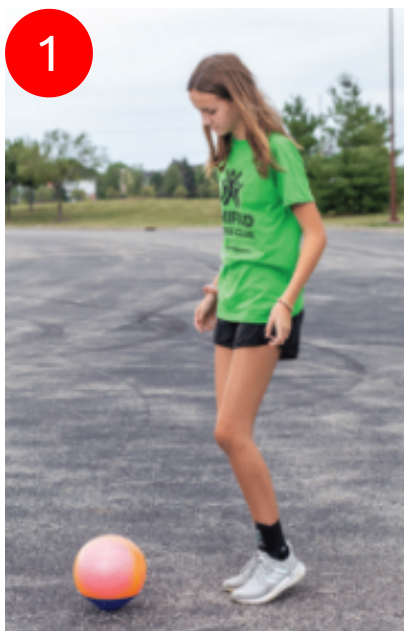


AGILITY & CARDIO

2 Ball Activities

A TOE TAPPING

- Place the ball on the ground.
- Lightly touch the top of the ball with your *right* foot, then switch feet and touch the top of the ball with your *left* foot.
- Keep tapping the ball lightly while switching feet 10, 20 or 30 times.

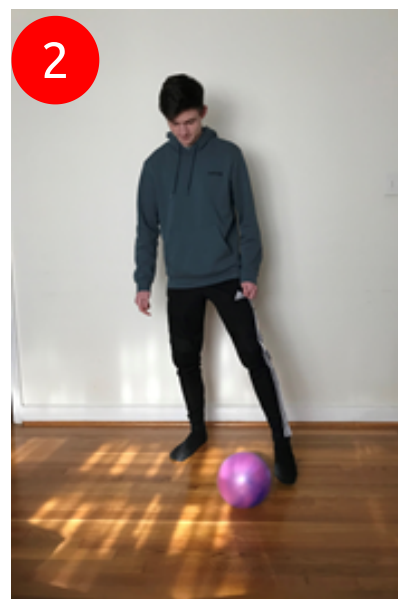
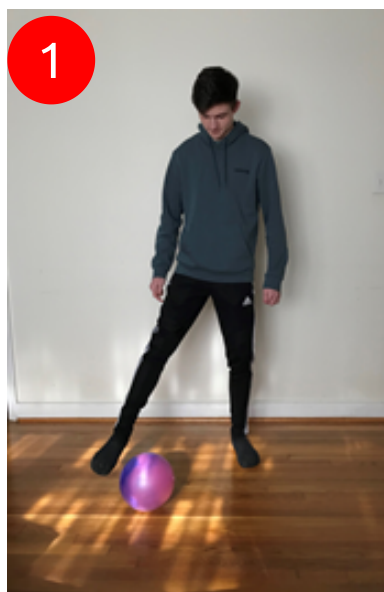


AGILITY & CARDIO

2 Ball Activities

B DRIBBLE THE BALL FOR TIME

- Dribble the ball in front of you with your feet using gentle taps for 30 seconds.
- Dribble the ball with your feet while moving forward in a straight line for 30 seconds.
- Repeat moving in a circle and then in a zig-zag pattern.

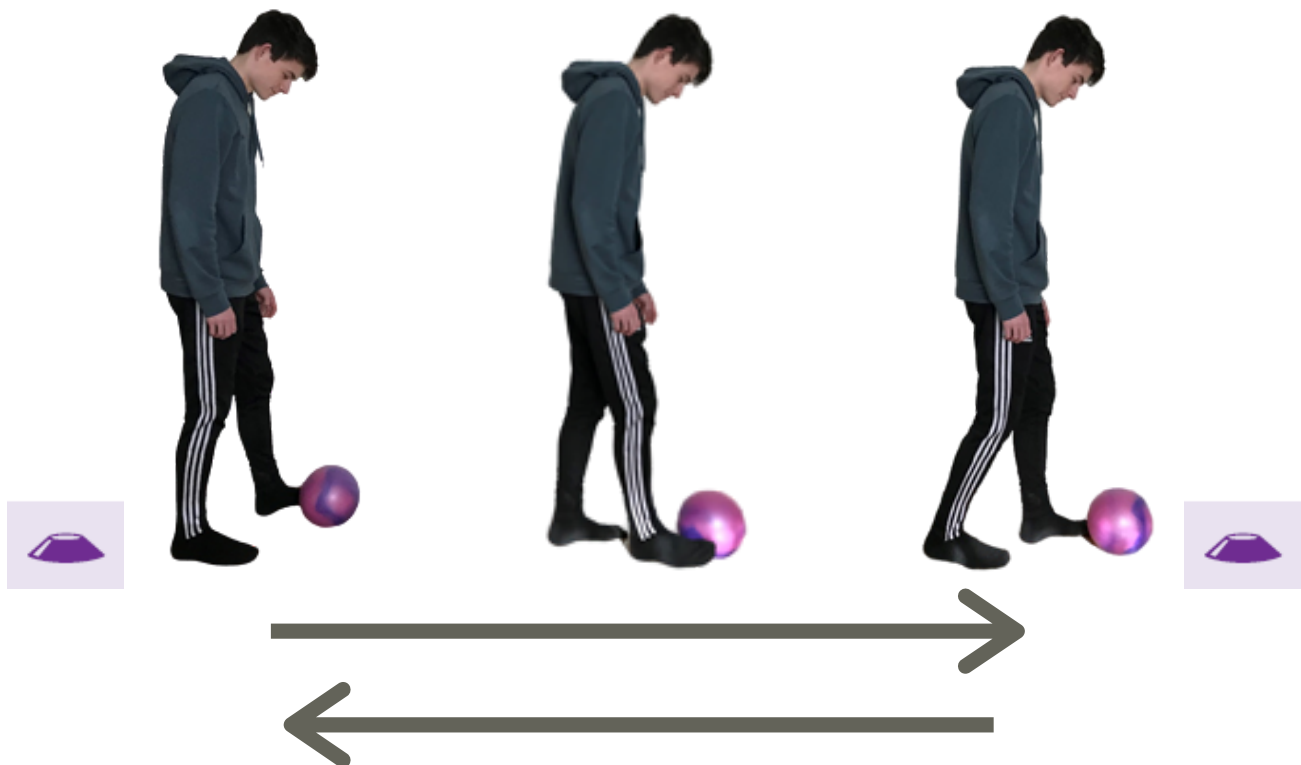


AGILITY & CARDIO

2 Ball Activities

C DRIBBLE THE BALL BETWEEN CONES

- Set up 2 cones, 10 steps apart.
- Begin at one cone, dribble the ball with your feet by gently tapping with your *right* foot and then your *left* foot to the other cone.
- Go around each cone 5 times.



CARDIO

3 Endurance Activities

A QUICK PUNCHES

- Put both your hands in fists by your chest. Keep your elbows down by your side.
- Turn toward your *left* side and punch your *right* arm in that direction.
- Return to the center with both hands in fists by your chest and elbows down by your side.
- Turn toward your *right* side and punch your *left* arm in that direction.
- Repeat 20 times.



CARDIO

3 Endurance Activities

B SIDE TO SIDE JUMPS

- Bend your knees slightly and jump as high as you can to one side then the other side.
- Jump 5 times to each side, rest and repeat.
- You can also hop forward to backward or hop in place.



CARDIO

3 Endurance Activities**C FORWARD JACKS**

- Stand with one foot in front of the other and your arms down by your sides.
- Jump up and switch your feet. Swing your arms sideways up over your head.
- Jump up and switch your feet. Bring your arms sideways back to your sides.
- Repeat 10 times. Rest and repeat.

