

IGNITE WALK

LEE CAMPBELL'S BEST WORK OUT – SKIPPING!

As a kid this was one of the things we did every day, in the playground at home with one of the other brother or sister or your friends in the street, yes and even hopscotch is a form of skipping. Mum and dad would even come out and have a go for 5 minutes.

Well let me give you a GREAT TIP start skipping again!!

Here are the health benefits that come with skipping:

- It's one of the best cardio-vascular workout you can do with little impact on your body
- It's an ALL over body work out as you need A: your Arms/shoulder for turning the rope B: your core/abs to keep your body stable C: your legs to keep skipping/hopping
- It helps with hand eye coordination (awesome for kids)
- It's great for your confidence (everyone has watched rocky and thinks that if he can do it "so can I" Go ROCKY)

Check out the other amazing benefits skipping has:

- You can do it just about anywhere any time
- After you get a rope it is FREE
- It's an indoor and outdoor activity
- It's can be just a 5-10 minute workout
- Every fitness level can skip

This is your personalised skipping routine from me:

1. Warm up with a walk or a run for 5 minutes
2. Skip for 30 seconds
3. Squat or squat jump for 30 seconds
4. Skip for 30 seconds
5. Jog/run on the spot for 30 seconds
6. Skip on one leg for 30 seconds and then change leg
7. Shoulder punches (overhead) for 30 seconds
8. Skip as fast as you can for as long as you can (5 minutes tops)



Cerebral Palsy
ALLIANCE