



Community  
HealthCare System

Onaga Rehabilitation and Fitness

# THIS – OR – THAT Workout

## THIS

Jump Rope

Ski Jumps (1)

Star Jumps (3)

Squat Jumps (5)

Inch Worm Push-ups (7)

Shuffle Squat (8)

Plank Up Down (10)

In/Outs (11)

Burpees

Reach Through Abs (14)

## THAT

Jumping Jacks

Skaters (2)

Tuck Jumps (4)

Plank to Squat (6)

Mountain Climbers

Lunge Jumps (9)

Plank Shoulder Taps

Low Squat Jacks (12)

Duck Unders (13)

Heel Reaches (15)

**Decide which exercises you are going to do. Do each exercise for 45 seconds, and then rest 15 seconds. Finish a full circuit, then rest 1 minute before repeating as many times as you want!**

- (1) [https://www.google.com/search?q=ski+jump+exercise&rlz=1C1QJDB\\_enUS871US872&oq=ski+jump+exercise&aqs=chrome..69i57j0l7.3046j0j7&sourceid=chrome&ie=UTF-8#kpvalbx= AC5-XukdytixBbTJrZgK54](https://www.google.com/search?q=ski+jump+exercise&rlz=1C1QJDB_enUS871US872&oq=ski+jump+exercise&aqs=chrome..69i57j0l7.3046j0j7&sourceid=chrome&ie=UTF-8#kpvalbx= AC5-XukdytixBbTJrZgK54)
- (2) <https://www.youtube.com/watch?v=4RuxhVJ4-pg>
- (3) [https://www.youtube.com/watch?v=h6wu4\\_LOhyU](https://www.youtube.com/watch?v=h6wu4_LOhyU)



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- (4) [https://www.google.com/search?q=tuck+jump+exercise&rlz=1C1QJDB\\_enUS871US872&oq=tuck+jump+exercise&aqs=chrome..69i57j0l7.7016j0j4&sourceid=chrome&ie=UTF-8#kpvalbx=\\_aTF-XoWSDofatAWO1b64Cw32](https://www.google.com/search?q=tuck+jump+exercise&rlz=1C1QJDB_enUS871US872&oq=tuck+jump+exercise&aqs=chrome..69i57j0l7.7016j0j4&sourceid=chrome&ie=UTF-8#kpvalbx=_aTF-XoWSDofatAWO1b64Cw32)
- (5) <https://www.youtube.com/watch?v=CVaEhXotL7M>
- (6) <https://www.youtube.com/watch?v=KNmRY-swNY>
- (7) <https://www.youtube.com/watch?v=Lao2xS3vIHk>
- (8) [https://www.google.com/search?q=shuffle+to+squat&rlz=1C1QJDB\\_enUS871US872&oq=shuffle+to+squat&aqs=chrome..69i57j0l6.2799j0j9&sourceid=chrome&ie=UTF-8#kpvalbx=\\_FzJ-XpusOt-v0PEP0Ku1wAE32](https://www.google.com/search?q=shuffle+to+squat&rlz=1C1QJDB_enUS871US872&oq=shuffle+to+squat&aqs=chrome..69i57j0l6.2799j0j9&sourceid=chrome&ie=UTF-8#kpvalbx=_FzJ-XpusOt-v0PEP0Ku1wAE32)
- (9) <https://www.youtube.com/watch?v=clkkHg8YZQU>
- (10) [https://www.google.com/search?q=plank+up+downs&rlz=1C1QJDB\\_enUS871US872&oq=plank+up+downs&aqs=chrome..69i57j0l7.3447j0j4&sourceid=chrome&ie=UTF-8#kpvalbx=\\_8jJ-Xqi9MtKQsAWtuJnYCw33](https://www.google.com/search?q=plank+up+downs&rlz=1C1QJDB_enUS871US872&oq=plank+up+downs&aqs=chrome..69i57j0l7.3447j0j4&sourceid=chrome&ie=UTF-8#kpvalbx=_8jJ-Xqi9MtKQsAWtuJnYCw33)
- (11) <https://www.youtube.com/watch?v=61jVluuPwmk> (in place, without a ladder)
- (12) <https://www.youtube.com/watch?v=LK3jSsdQ7M4>
- (13) <https://www.youtube.com/watch?v=ztxD9Xau1Ng>
- (14) <https://www.youtube.com/watch?v=RgDmfM1vG9c>
- (15) <https://www.youtube.com/watch?v=0FdmtLsSgfg>