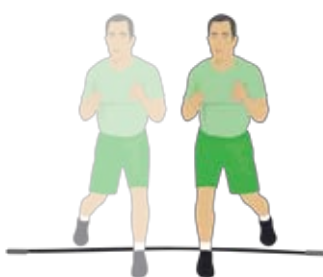
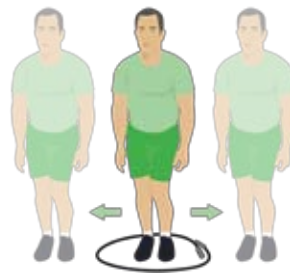




01 SINGLE-LEG JUMP
Lay rope in a line on ground. Jump on one leg back and forth along rope's length. Repeat on other leg, then both legs together.



02 ALI SHUFFLE
Stand in a split stance over the rope. Spring in the air as you switch feet and move down the length of the rope.



03 CIRCLE OF CHAOS
Stand inside rope circle. Jump in and out as fast as you can with feet together. Three jumps left and three right.



04 POWER JACKS
Stand in the rope circle with feet together. Jump up as you move your feet outside the ring, while raising arms. Return arms to sides as you jump back in.



05 LUNGE TO CATCH
Stand upright while holding med ball. Lunge forward as you toss the ball in front of you so you can catch it. Repeat on other leg. Works biceps, core and legs.



06 WOOD CHOPPER
Stand holding med ball overhead, elbows bent. Swing ball through legs as you lean forward. Works your legs, back, shoulders, biceps and triceps.



07 KAYAKS
Sit on floor with feet elevated and knees bent. Hold med ball in front of your chest and then rotate it from side to side. Works your abdominals.



08 MED BALL SMASH
Kneel or stand with the med ball overhead. Smash the ball on the floor as you bring your arms forward. Works your lats, triceps, biceps and abs.



ROPE & MED BALL WORKOUT

BUDGET BUFFED

Skip the expense to get your fitness medicine

WORDS KEVIN KEARNS

PIMP MY PROGRAM

Each issue, our team of S&C coaches right your workout wrongs and calm your fitness qualms

@TRAINmag I don't have any spare cash to buy equipment, and all I've got is an old leather jump rope and a medicine ball. How do I get a complete workout? J Maguire, Rapid City, SD

Even with just those two pieces of equipment you have everything you need to boost your explosive power and speed, thereby building lean muscle while shedding excess fat.

You have to remember that medicine balls were first used in S&C workouts more than 2,000 years ago by the ancient Greeks, so they must be of some benefit given they've stood the test of time.

And don't forget: while skipping is not only a great aerobic and plyometric exercise, you can also use a jump rope to run what we call 'line drills.'

So here are four line drills to start you off with. Try completing three sets for each drill, and make each set last from 30 seconds to one minute.

And for the four med ball exercises you should be looking to complete three sets of 20 reps each. Have fun! •