



CLICK FOR TIMER

WEEK 4

EXERCISE 1



MODIFIED TUCK JUMPS

- ▶ Stand with feet shoulder width apart hands in pray position.
- ▶ Pushing your hips back lower to a deep squat return to standing and quickly lower back into a deep squat.
- ▶ Transferring your weight to your mid foot explode up in to a small power jump return to standing and keep repeating the pattern 2 squats and one power jump. Repeat for the minute.
- ▶ For low impact replace the power jump with a single heel raiser.

Demo Video

EXERCISE 2



STEP - UPS

- ▶ Stand in front of a step or a sturdy stool. Weights are optional.
- ▶ Place your right foot on the step.
- ▶ Push your right foot down to pull your body upwards, and place the left foot on the step then lower the left foot off the box and back on the ground.
- ▶ Repeat the step up with the right leg for 10 – 15 repetitions and then change to the left leg and repeat.
- ▶ Continue for the minute ensuring the equal repetitions of each leg.

Demo Video

EXERCISE 3



BIRD DOG CRUNCH

- ▶ Start with your hands under your shoulders and knees under your hips. (Dog position)
- ▶ Keeping your spine neutral, extend one arm and the opposite leg parallel to the floor. (Bird position)
- ▶ Then bring your knee and elbow together underneath your body, touching them if you can. (Crunch position)
- ▶ Extend back to bird position and then return to dog position.
- ▶ Alternate sides throughout the minute keeping your spine in neutral position.

Demo Video