



CLICK FOR TIMER

WEEK 3

EXERCISE 1



SQUAT BALL TOSS

- ▶ Start in a squat position holding the ball at your chest parallel to the ground
- ▶ Push through the heels; explode up with the strength of your glutes throwing the ball overhead.
- ▶ Catch and fall with the ball back into the squat position. The chest should always be up and hands underneath the ball.
- ▶ Keep repeating the throwing and catching as quickly as possible for the minute..

Demo Video

EXERCISE 2



SQUATS WITH A STICK

- ▶ Start with feet hip width apart. Use a stick across your back to help with mobility of the upper back. You may feel a stretch and that is ok.
- ▶ Reach your hips back as if sitting into a chair your weight should be in your heels. Allow your torso to hinge forward slightly but keep your chest up so that the stick travels down to the ground without tilting forward.
- ▶ Your squat depth will depend on the mobility of your upper back. Press through the heels and return to standing.
- ▶ Repeat for the minute.

Demo Video

EXERCISE 3



SIDE PLANK

- ▶ Lie on your side with your knees bent, and position your elbow under your shoulder to prop up your torso.
- ▶ Raise your hips off the floor, sending your weight to your knees and hold for 3 seconds. Return the hips to the ground and repeat for the minute.
- ▶ Extending your feet so that your body is in a line will increase the difficulty.

Demo Video