



CLICK FOR TIMER

## WEEK 5

### EXERCISE 1

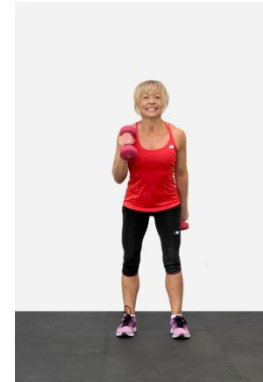
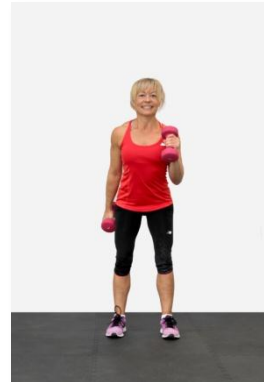


#### MOUNTAIN CLIMBER

- ▶ Assume a push up position with your arms completely straight, hands under your shoulders.
- ▶ Lift your left foot off the floor, and slowly raise your knee as close to your chest as you can.
- ▶ Return to the starting position, and repeat with your right leg.
- ▶ Continue alternating for the minute with good form.
- ▶ There should be no pressure on the back as the abdominal muscles work hard to keep you in the plank position.

Demo Video

### EXERCISE 2



#### HAMMER CURL

- ▶ Stand with our feet shoulder width apart, your knees slightly bent to help prevent yourself from swinging your torso. Your abdominal muscles are tight to support your back.
- ▶ Grasp a dumbbell in each hand so your palms are facing each other and extend your arms so they are at the sides of your body.
- ▶ While keeping your elbows in the same position close to our torso, lift your left arm in an arc towards your left shoulder.
- ▶ Lower your arm and repeat with your right arm.
- ▶ Alternate for the minute

Demo Video

### EXERCISE 3



#### PUSH UPS

- ▶ Kneel on your exercise mat and place the palms of your hands flat on the floor shoulder-width apart.
- ▶ Keeping your abdominal muscles tight to support your spine, lengthen your neck and tuck your chin slightly in. Inhale, bend your arms and smoothly lower your chest toward the floor.
- ▶ Push back up to full arm extension, exhaling as you do. Pause for a second and then repeat.
- ▶ Perform as many repetitions as you can in good form and then rest for the remaining minute.
- ▶ Advance to full push up on your toes when ready.

Demo Video