



CLICK FOR TIMER

WEEK-2-Agility

EXERCISE 1



POWER SKIPS

- ▶ Stand up straight with your abdominal muscles engaged.
- ▶ Forcefully push off the ground, with one foot in a skipping motion raise the opposite knee.
- ▶ Swing one arm up and the other back. Don't worry about which one, it comes naturally as you propel yourself up.
- ▶ Land on the balls of your feet, then immediately push off again with the opposite foot. Repeat for the minute.
- ▶ Modification: March on the spot.

Demo Video

EXERCISE 2



SINGLE LEG DEAD LIFT

- ▶ Hold a dumbbell (DB) in your right hand, and lift your left foot slightly off the ground.
- ▶ Keeping your back neutral, abdominal muscles engaged lean your entire torso forward while raising your left leg, which should stay in line with your body. The DB lowers toward the ground.
- ▶ With your back straight, return upright, coming to your starting position. Do 8-10 on one side then change sides.

Demo Video

EXERCISE 3



HIP MOBILITY DRILL

- ▶ **Hip flexor stretch** Kneel on a mat and put your left foot on the floor in front of you, with the knee bent.
- ▶ Press your hips forward, keeping your back and shoulders upright. Feel the stretch in the front of your tight hip. Raise your right hand to increase the stretch.
- ▶ **Hamstring stretch:** Push your hips back toward right heel, stretching the left leg.
- ▶ Return to the hip flexor stretch and repeat the two exercises 2-3 times and change leg.

Demo Video