



CLICK FOR TIMER

WEEK-10-Strength

EXERCISE 1



BOX SQUAT KNEE LIFT

- ▶ Sit on the edge of a chair/stool hands out stretched, feet shoulder width apart.
- ▶ Push through your feet and stand up driving your left knee towards your left elbow.
- ▶ Return the left foot to the ground, push your hips back and tip the chair behind you with your backside and immediately come back to standing driving your right knee towards your elbow.
- ▶ Continue alternating knee lift for the minute.

[Demo Video](#)

EXERCISE 2



REVERSE FLY

- ▶ Stand holding a resistance band with a underhand grip. Raise your arms up, but not overhead.
- ▶ On an exhale, pull your abdominal muscle to your spine and stabilize your torso as you open your arms out to the sides, focus on the shoulder blades sliding together.
- ▶ Inhale as you slowly return your arms back and up to the starting position.
- ▶ Repeat the movement for the minute, being careful not to arch your spine and push your rib cage forward when opening your arms.

[Demo Video](#)

EXERCISE 3



BAND SHOULDER PRESS

- ▶ Stand holding a resistance band with a underhand grip. Raise your arms up, but not overhead.
- ▶ On an exhale, pull your abdominal muscle to your spine and stabilize your torso as you open your arms out to the sides, focus on the shoulder blades sliding together.
- ▶ Inhale as you slowly return your arms back and up to the starting position.
- ▶ Repeat the movement for the minute, being careful not to arch your spine and push your rib cage forward when opening your arms.

[Demo Video](#)