



CLICK FOR TIMER

WEEK-8-Cardio

EXERCISE 1



REVERSE LUNGE PASS

- ▶ Hold a weight in your right hand and do a reverse lunge with your right leg.
- ▶ As you lunge back, pass the weight under your left leg and into your left hand.
- ▶ Return your right leg back and then lunge back on the left leg while passing the weight under your right leg to your right hand.
- ▶ Be sure your upper body is tall and not hunched over and your abdominal muscle are tight.
- ▶ Repeat lunge pass for the minute

Demo Video

EXERCISE 2



TRICEPS KICK BACK

- ▶ Stand with your knees slightly bent and your torso at a 60° angle.
- ▶ Hold weights slightly forward of your knees and pull them straight up to your hips contracting your shoulder blades fully. At the top of the movement, squeeze your shoulder blades together for 1-2 seconds.
- ▶ While at the top of the row, extend the elbow behind you using the power of your triceps. The wrist position shouldn't change. Hold for a minimum of 1-2 seconds, then return to starting position
- ▶ Repeat for the minute.

Demo Video

EXERCISE 3



FLUTTER KICK TUCKS

- ▶ Flutter Kicks: Lie on your back with legs straight, arms at your side or tucked under your bottom.
- ▶ Lift legs to a comfortable position. Your back should still be firmly on the mat. If it arches, lift your legs higher. Take your legs out to a wide "V" and then in, crossing one foot over the other.
- ▶ Knee Tuck: After 3 flutter kicks bring your knees to your chest or your sit up bringing your knees to your chest. Repeat for the minute.
- ▶ The sit up is an advanced movement omit if you have lower back issues.

Demo Video