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## WEEK-9-Core

### EXERCISE 1



#### SQUAT TOUCH BALL TOSS

- ▶ Stand with your feet shoulder-width apart and holding a ball at your chest.
- ▶ Bend your knees, reach your hips back, and lower into a squat and touch the ball to the ground.
- ▶ Press upward driving your heels into the ground. Simultaneously toss the ball above your head
- ▶ Catch the ball and return to the starting position.
- ▶ Repeat for the minute
- ▶ **Modification:** Omit grounding the ball.

Demo Video

### EXERCISE 2



#### SHOULDER HEALTH DRILLS

- ▶ Start by sitting in a chair with your hands down by your hips holding light hand weight or make a fist with your thumbs up. Bend over your thighs. This is the start position.
- ▶ Drive your thumbs towards the ceiling without bending your elbows return to start.
- ▶ Drive your thumbs out to the sides parallel to the ground return to start.
- ▶ Drive your elbows back squeezing the shoulder blades together return to start.
- ▶ Continue for the minute.

Demo Video

### EXERCISE 3



#### KETTLEBELL SWING

- ▶ Stand with your feet wider than shoulder-width with your head in neutral alignment with your spine. Hold a kettlebell (KB) in front.
- ▶ Drop into a quarter-squat and let the KB hang between your legs. Explosively extend your knees and snap your hips forward, propelling the KB in an upward arc, keeping your arms straight.
- ▶ The KB should be moved by the force generated from your hips. Your arms guide the weight, not lift it. When the weight reaches eye level, let the KB drop down along the same arc.
- ▶ **Modification:** KB lift and pull

Demo Video