



CLICK FOR TIMER

WEEK-3-CARDIO

EXERCISE 1



STANDING Mt CLIMBERS

- ▶ Start with your feet shoulder width apart and your arms by your side.
- ▶ Bring your right knee up to waist level and extend your left arm over your head.
- ▶ Return to the start position and the repeat with the opposite side.
- ▶ Keep alternating sides for the minute.

Demo Video

EXERCISE 2



DB SQUAT SWING

- ▶ Start in a deep squat position. Hold a dumbbell (DB) in front with both hands.
- ▶ Transfer your weight on to your right foot and DB into your right hand, simultaneously engage your buttock to push your hips forward and up to the right propelling the DB up to the right side.
- ▶ Let the dumbbell swing back under your legs to start position. Repeat 10-12 times and change sides.
- ▶ **Modification:** Omit the weight or do weighted side bends instead.

Demo Video

EXERCISE 3



PUSH UPS

- ▶ Come into plank position with your arms and legs straight, shoulders above the wrists.
- ▶ Hold your body up and keep your back straight by tightening your abdominal muscles.
- ▶ Lower your chest towards the ground by bending your elbows until your chest is just above the ground or you feel your chest muscles engaging.
- ▶ Press upwards from your chest and shoulders, straightening your arms as you return to the starting position. Repeat for the minute.
- ▶ **Modification:** Knee push ups or wall push ups

Demo Video