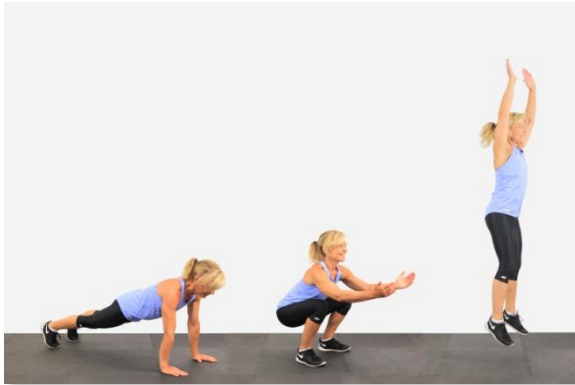




CLICK FOR TIMER

### WEEK-4-CORE

#### EXERCISE 1



#### BURPEES

- ▶ Start in a high plank position and jump your feet forward at the same time release your hands off the ground. Using an explosive motion push through your heels and jump up to standing.
- ▶ Then in one smooth motion, squat down and place your hands down on the floor in front of your feet. Lean forward, so your weight is on the heel and whole hand, at the same time jump your feet back behind you to the start position.
- ▶ **Modification:** Omit the jump and step back one foot at a time. Alternate step back foot each time.

Demo Video

#### EXERCISE 2



#### SIDE LUNGES

- ▶ Start feet shoulder-width apart. Bring your hands together for balance or have them at your side.
- ▶ Step directly to the right, leaving your left foot in place. Bend the right knee and pause once the upper right thigh is parallel to the ground. Your left leg should be completely straight.
- ▶ Contract the hamstring muscle then push off the ground with your right foot to return to the starting position. Repeat on the left side. Alternate sides for the minute.
- ▶ **Modification:** Alternating side taps with your foot.

Demo Video

#### EXERCISE 3



#### SQUAT & TRICEPS EXTENSION

- ▶ Start in a low squat holding a dumbbell (DB) with both hands. Tighten your core muscles, pressing through your heels push your hips forward propelling the weight up your chest, and then press the weight over head.
- ▶ Bend your elbows lowering the DB behind your head. Keep your elbows close to your ears and pointing forward, extend your arms up and bring the DB back overhead.
- ▶ Bring the DB back to your chest then lower the DB and squat back to the start position.
- ▶ **Modification:** Omit the triceps extension & DB.

Demo Video