



CLICK FOR TIMER

WEEK-2-STRENGTH

EXERCISE 1



HEEL TOUCH

- ▶ Start with your feet hip width apart. Then lift your heel forward and rotate your knee outward so the inside of your foot crosses in front of the standing leg.
- ▶ Reach down to tap the inside of your lifted foot with the opposite hand. Lower your foot to the ground and repeat on the opposite side.
- ▶ If you can pick up your pace and hop from side to side as you perform the exercise, be sure to keep your chest up and abdominal muscles engaged.
- ▶ Continue to alternate legs for the minute

Demo Video

EXERCISE 2



LUNGE PRESS KNEE UP

- ▶ Start in a right leg reverse lunge with dumbbells at your shoulders, elbow pointing forward. Abdominal muscles engaged and weight supported by your left forward leg
- ▶ With control, push off your right foot, bringing your right knee forward while pressing the weights overhead, arms are as close to your ears as possible. Remember you are using momentum created by the weights to press overhead.
- ▶ Repeat 8 – 10 times then switch leg.

Demo Video

EXERCISE 3



ROPE CLIMB

- ▶ Sit on the ground with your knees slightly bent and lean your torso back, imagine there is a rope hanging from the ceiling perpendicular to your chest.
- ▶ Extend your right arm towards the ceiling and imaginary rope and bring your left knee up
- ▶ Switch sides moving your arms as if you were climbing the imaginary rope.
- ▶ Continue for the minute alternating sides
- ▶ **Modification:** sit in a chair and lean back to engage your abdominal muscles.

Demo Video