



CLICK FOR TIMER

WEEK 3 - CARDIO

EXERCISE 1



FLUTTER KICKS SQUATS

- ▶ Stand with your feet shoulder width apart and with one foot forward and the other behind.
- ▶ Jump and switch leg position, Jump another 2 times switching leg position.
- ▶ After the 3rd jump switch, jump again, landing with your feet a little wider than shoulder width apart and squat deeply.
- ▶ Repeat the 3 flutter kicks and one deep squat sequence for the minute.

Demo Video

EXERCISE 2



BOX JUMPS or STEP UP MARCH

- ▶ Stand with your feet shoulder width apart in front of a sturdy box or a non slip step.
- ▶ Bend your knees as if crouching or performing a squat then in an explosive movement, push through your feet to jump up onto the box or step.
- ▶ Make a soft landing by bending your knees as your feet touch down. You should land on both feet simultaneously. Step down and repeat for the minute.
- ▶ Alternatively march up and down on the step changing lead leg half way through.

Demo Video

EXERCISE 3



BAR SQUAT PRESS

- ▶ We used a gym stick for this exercise, but any bar or broom stick or barbell can be used.
- ▶ Grasp the bar with an overhand grip, with your hands slightly wider than shoulder width.
- ▶ Position your feet shoulder-width apart. Bring the bar to your chest rest it on your shoulders. Elbows forward is the key.
- ▶ This is the start position. Lower your hips back until your thighs are parallel to the floor.
- ▶ Straighten your legs by pushing your hips forward and use your momentum to press the bar overhead.

Demo Video