



CLICK FOR TIMER

### WEEK-1-CORE

#### EXERCISE 1



#### KICK BACKS

- ▶ Stand with your feet close together and your knees slightly bent and in line with each other.
- ▶ Kick your right foot up to your right glute so that your heel touches your right glute or as close as possible. With a little hop quickly switch to kick your left foot up to your left glute.
- ▶ Be conscience that your knee doesn't travel forward. Continue alternating leg for the minute
- ▶ **Modification:** Omit the hop.

Demo Video

#### EXERCISE 2



#### REVERSE LUNGE PRESS

- ▶ Start with feet shoulder width, holding a Kettle bell or weight in your right hand at shoulder level. Elbows slightly forward.
- ▶ Step back with your left leg into a lunge. Hold your chest up engage your abdominal muscles.
- ▶ Pressing through the forward right leg to return to standing while drive the weight up and overhead, return the weight to shoulder level.
- ▶ Repeat 8-10 times on the right leg and then change sides.
- ▶ **Modification:** Omit the press and/or the weight.

Demo Video

#### EXERCISE 3



#### LEG LOOP

- ▶ Start seated on think mat with knees bent hold a dumbbell in one hand. Engage your abdominal muscles by pulling your belly button in and relax your hip flexors. Lean back, and take your feet off the ground if you can.
- ▶ Drive the knee on the same side as the weight in towards the chest and extend the other leg long so you can loop the dumbbell under the bent knee through to the other hand. Repeat on the other side. Continue leg loops for the minute.
- ▶ **Modification:** Sit on a chair and lean back.

Demo Video