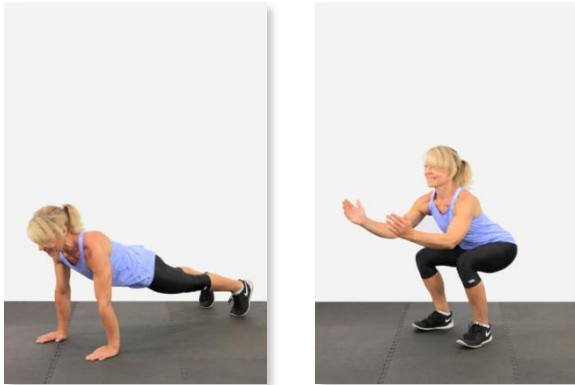




CLICK FOR TIMER

WEEK-3-AGILITY

EXERCISE 1



SQUAT THRUSTERS

- ▶ From a high plank, jump feet forward into a wide squat and bring hands off the ground in front of your chest.
- ▶ Keep your back straight, shoulders down, and chest out while in the squat. Pause for a second, then place hands on the ground and jump feet back into a high plank position.
- ▶ Repeat as quickly as possible for the minute.
- ▶ **Modification:** omit the jump and step back to and from the plank position, alternating lead leg each time.

Demo Video

EXERCISE 2



ARMS CROSS SIDE LUNGE

- ▶ Stand tall with your feet shoulder width apart and your arms stretched horizontally to the sides. Keep your back straight and your abs muscles engaged as you step out to the side with your right leg.
- ▶ Bend your right knee push your hips back and cross your arms at the front. Breathe out as you use your right leg to push back the start.
- ▶ Repeat the movement with the left leg and keep alternating legs for the minute.
- ▶ **Modification:** Side tap lunge

Demo Video

EXERCISE 3



OBLIQUE V-CRUNCH

- ▶ Lie on your left side, with your right hand behind your head and your left hand on the floor.
- ▶ Press down into your left hand as you raise your straight legs off the floor, bringing your torso toward your legs.
- ▶ Lower yourself back to the floor with control. Do 5-8 repeats on your left side the change.
- ▶ **Modification:** Side bends using a weight.

Demo Video