



CLICK FOR TIMER

WEEK-4-CARDIO

EXERCISE 1



QUARTER TURN SQUAT JUMP

- ▶ Start in squat position fingertips toward the floor outside of your feet. Use your arms and legs to jump up and turn 90 degrees to your right.
- ▶ Land softly with your knees bent and return to standing. This time turn 90 degrees to your left, returning to the front then to the left again. You are quarter turning in a U shape. Continue for the minute.
- ▶ **Modification:** Omit the jump and step squat in a U turn shape.

Demo Video

EXERCISE 2



SURRENDER LUNGE

- ▶ Start with reverse lunges then progresses to Surrender Lunges.
- ▶ Stand with your hands behind your head with your elbows wide, and bring your right knee to the ground.
- ▶ Bring your left knee down so you are kneeling.
- ▶ Lift your right foot up and place it in front of you. Bring the left foot forward to stand up. Repeat 4-6 times then change lead leg.
- ▶ **Modification:** Alternating reverse lunges

Demo Video

EXERCISE 3



DEAD BUG

- ▶ Lie flat on your back and engage your abdominal muscles, your back in a natural position.
- ▶ Extend your arms toward the ceiling, your wrists and hands directly above your shoulders.
- ▶ Raise your feet, knees and hips. Bend your legs so that your knees are above your hips and thighs. Keep your abdominal muscles engaged.
- ▶ If you are able, lower opposite arms and legs simultaneously. Move slowly to ensure that you engage the proper muscles and don't use momentum. Continue for the minute.

Demo Video