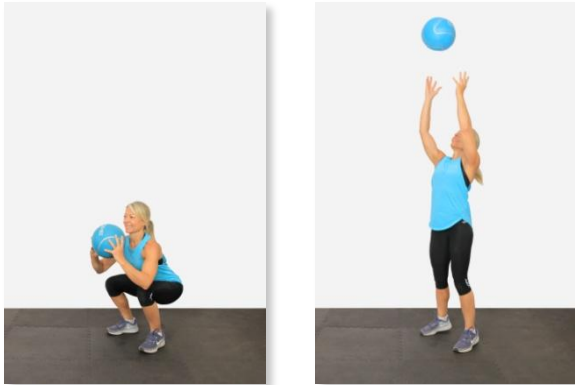




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### WEEK-3-CARDIO

#### EXERCISE 1



#### SQUAT BALL TOSS

- ▶ Stand with your feet shoulder-width apart and hold a weight ball at your chest. Bend your knees, reach your hips back, and lower into a squat. This is the starting position.
- ▶ Press upward driving your heels into the ground, simultaneously toss the ball above your head.
- ▶ Catch the ball and return to the starting squat position. Pause in the squat and repeat the ball toss. Continue for the minute.
- ▶ **Modification:** Omit the squat continue with the ball toss for eye-hand coordination.

Demo Video

#### EXERCISE 2



#### KETTLEBELL (KB) PASS THROUGH

- ▶ Stand feet hip width apart holding a weight in your left hand.
- ▶ Step back with your left foot and lower your upper body down by flexing the hip and the knee, keeping your torso upright. Lower your back knee and pass the KB under your front leg to your opposite hand.
- ▶ Pressing through the heel of the front foot, return to the starting position. Repeat KB pass through for the minute
- ▶ **Modification:** Omit the weight, continue with alternate leg lunge bringing your hands together under the front leg.

Demo Video

#### EXERCISE 3



#### PUSH UPS

- ▶ Come into plank position with your arms and legs straight, shoulders over your wrists.
- ▶ Hold your body up and keep your back straight by tightening your abdominal muscles.
- ▶ Lower your chest towards the ground by bending your elbows until your chest is just above the ground with your chest muscles engaging.
- ▶ Press upwards from your chest and shoulders, straightening your arms as you return to the starting position. Repeat for the minute.
- ▶ **Modification:** Knee push ups or push ups against the wall.

Demo Video