



CLICK FOR TIMER

WEEK-4-CORE

EXERCISE 1



MAT LEAP SPOT RUN

- ▶ Place a mat on the ground and stand on the right side. Take a leap across to the other side clearing the mat by at least one foot width.
- ▶ Run on the spot 4 times finishing with your left knee up and ready to leap to the other side.
- ▶ Continue the mat leap and spot runs for the minute.
- ▶ **Modification:** Omit the leap and step across, marching on the spot at either side.

Demo Video

EXERCISE 2



ARM RAISE & HAMMER CURLS

- ▶ Stand with feet hip width apart holding dumbbells (DB) in each hand. Raise the DB vertically to chest level without bending the elbows, being careful not to use your neck muscles. Lower DB to start. Repeat for the left hand.
- ▶ Then hammer bicep curl with your left arm, bringing the DB horizontal to the ceiling at shoulder level. Repeat for the right arm.
- ▶ Start the next round of arm raises with the right arm. Continue with the sequence arm raises and hammer curls for the minute.

Demo Video

EXERCISE 3



GOBLET SQUAT PULSE

- ▶ Stand with feet shoulder-width apart and hold a dumbbell (DB) at your chest. Bend your knees, reach your hips back, and lower into a squat. Chest should be open and upright.
- ▶ Extend the DB away from your chest and pulse in the squat position for 4 - 6 counts.
- ▶ Bring the DB back to your chest and return to the start position. Repeat for the minute.
- ▶ **Modification:** Omit the weight and clasp your hands together instead.

Demo Video