



Challenge WEEK-1

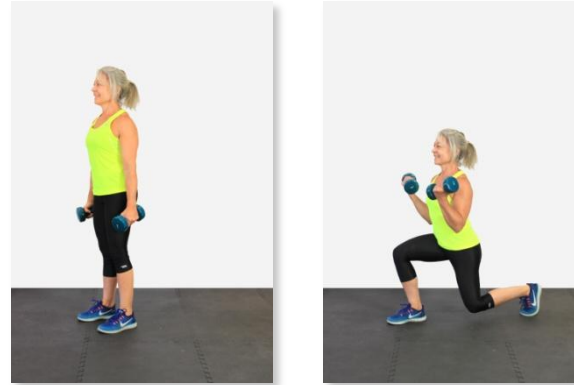
EXERCISE 1



MODIFIED JACK/SKIPPING

- ▶ Stand with your arms at your side and feet hip width apart (Starting Position)
- ▶ Take your hands overhead or wherever comfortable for you, and your left foot out to the left side.
- ▶ Return to start position and repeat with the right foot. Continue alternating foot out and hands overhead for the minute.
- ▶ Progression: Jumping jacks or skip using a rope if available. Ensure jumps or skips land soft by engaging the abdominal muscles.

EXERCISE 2



LUNGE WITH DB CURLS

- ▶ Start with feet hip width apart holding dumbbells (DB) in each hand.
- ▶ Brace your abdominal muscles lunge back with your left leg and do two biceps curls. Then driving down through the foot of your forward leg come back to start.
- ▶ Repeat for a right leg lunge back and continue alternating leg lunge and biceps curls for the minute.
- ▶ **Modification:** Omit the DB

EXERCISE 3



UP –DOWN PLANKS

- ▶ Start in a high plank position with your hands stacked underneath your shoulders. Slowly lower your right forearm to the ground, followed by your left forearm into a traditional forearm plank.
- ▶ Then, press yourself up from the floor one arm at a time back to start position, maintaining your body in a straight line.
- ▶ Repeat the up-down plank for the minute alternating lead arm each time you return to start.
- ▶ **Modification:** Wall Push-ups.

Press to play this week's workout video