



Challenge WEEK-2

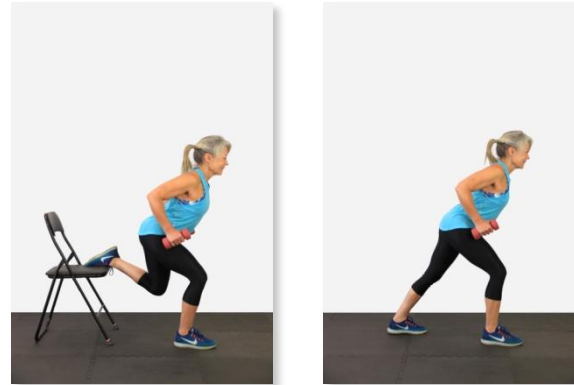
EXERCISE 1



SQUAT PUNCH

- ▶ Start with your feet shoulder width apart holding Dumbbells (DB) at shoulder level.
- ▶ Descend into a squat, pause, then come up and punch the right DB towards the left .
- ▶ Come back to centre and descend into a squat again , then punch the left DB to the right.
- ▶ Continue squat and alternating side DB side punches for the minute.
- ▶ **Modification:** Omit the DB and do a shallow squat.

EXERCISE 2



SPLIT STAND ROW

- ▶ Start by holding dumbbells (DB) in each hand. Elevate your right leg onto a chair and keep the DB at either side of the knee.
- ▶ Brace your abdominal muscles and row the DB to your hips, keep your elbows close to your body.
- ▶ Pause and contract your shoulder blades down and together. Slowly row the DB back to knee level.
- ▶ Repeat rows 8 to 10 times, then change to left leg elevated.
- ▶ **Modification:** Keep both feet on the ground in split squat

EXERCISE 3



LEG RAISERS

- ▶ Begin by lying on a mat, with your arms straight by your sides, palms on the mat.
- ▶ Tuck your hands under your bottom to protect your lower back.
- ▶ Raise your right leg and lower to the ground. Then raise your left leg and lower to the ground then raise both legs and lower to the ground.
- ▶ Next round begin the sequence with your left leg. Continue for the minute.
- ▶ **Modification:** Use a chair and omit the double leg raise.

Press to play this week's workout video