



Challenge WEEK-3

EXERCISE 1



CHARLESTON KICK

- ▶ Start standing with your feet about hip-width apart. Place a yoga block or a chair in front of you.
- ▶ Then simultaneously step back with your right foot while reaching down to touch the yoga block or chair with your right hand.
- ▶ Return your right foot to starting position and lift your left knee up. Repeat for the right hand touch and left knee lift 5-8 times, and then change to left hand touch and right knee lift.
- ▶ **Modification:** March on the spot.

EXERCISE 2



BOX/CHAIR SQUATS

- ▶ Begin standing in front of a box/chair holding Dumbbells (DB) at shoulder level. Brace your core and keep your chest up.
- ▶ Drive your hips back and allow your knees to fold naturally to lower yourself slowly until your backside touches the box/chair.
- ▶ Pause and feel the pressure in your feet and drive your hips forward to return to the starting position. Repeat in the minute as many times as you can with good form.
- ▶ **Modification:** Omit the dumbbells.

EXERCISE 3



DOLPHIN PLANK or PUSH UP

- ▶ Start in a forearm plank position with your shoulders aligned directly over your elbows.
- ▶ Keep forearms on the floor, abdominal muscles engaged; inhale while lifting your hips up towards the ceiling to form an inverted "V" shape
- ▶ Pause and slowly return to starting position with an exhale. Repeat the dolphin plank with good form for the minute.
- ▶ **Modification:** Wall Push ups.

Press to play this week's workout video