



Challenge WEEK-4

EXERCISE 1



BOXING LUNGE

- ▶ Start holding Dumbbells (DB) in each hand. Bring your hands to shoulder level. Take a step back with your right leg, feet are hip width apart. Engage your abdominal muscles.
- ▶ Box out with your left arm, then right arm and then left again. Return the right leg to standing.
- ▶ Step back with the left leg and continue the box sequence starting with the right punch first. Continue alternating leg step back for the minute.
- ▶ **Modification:** Omit the weights. Take a smaller step back

EXERCISE 2



DB MARCHING

- ▶ Stand with your feet about shoulder width apart, holding dumbbells (DB) at your sides
- ▶ Then with tall soldier like posture march on the spot for the minute.
- ▶ **Modification:** Instead of marching on the spot walk around the room.

EXERCISE 3



V.SIT HOLD or SQUAT KICK

- ▶ Sit on the floor with your arms straight in front, spin in neutral position. Straighten one leg, and bend the knee of the other bringing your heel towards your body. Raise up the straight leg and pause for a few seconds.
- ▶ Make sure your shoulder blades are back to lift and open your chest. Switch the straight and bend leg and again hold the V position. You may place your hands on the ground for a supported V hold. Continue alternating straight leg hold for the minute.
- ▶ **Modification:** Squat and alternating kick out

Press to play this week's workout video