



### Challenge WEEK-1

#### EXERCISE 1



#### SKIPPING- Alt SIDE TAP

- ▶ 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



#### OUT-IN PUNCH UP

- ▶ Start holding dumbbells (DB) at shoulder level, elbows slightly forward of the waist, feet hip width apart.
- ▶ Descend into a comfortable squat, by push your hips back and down. Brace your abdominal muscles and take your right foot out, then your left foot out. Return the right foot then the left foot to start position.
- ▶ Driving through both feet press the right DB up over head and return the DB to start position
- ▶ **Modification:** Omit the alternating side step and/or the overhead press.

#### EXERCISE 3



#### PLANK STEP-OUT

- ▶ Start in an elbow plank. Brace your abdominal muscle and keep your lower back from sagging. Extend your left leg out to the side, gently tapping your toes on the ground.
- ▶ Bring your foot back into a plank. Repeat the same movement with your right leg. Continue alternating step out leg for one minute.
- ▶ **Modification:** Using the back of a chair for balance engage your core and alternate stepping your feet back.

Press to play this week's workout video