



Challenge WEEK-2

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



SAME LEG REPEATER LUNGE

- ▶ Start with feet hip width apart and hold a dumbbell (DB) in one hand or hold one DB in each hand.
- ▶ Take a step back into a reverse lunge and pause at your lowest point.
- ▶ Press through your forward foot and return to standing.
- ▶ Repeat the reverse lunge on the same side 8-10 then change reverse lunge leg.
- ▶ **Modification:** Omit the DB and use a chair for support while doing the reverse lunge repeater.

EXERCISE 3



WALK OUT PLANK

- ▶ Start standing, then squat and reach for the ground. Walk your hands out in front of you until you are in high plank.
- ▶ Perform a single push-up and then reverse the motion until you return to standing.
- ▶ Repeat the walkout for the minute.
- ▶ **Modification:** Start with hand on the wall, push your hips back and walk your hands down the wall into your lowest comfortable squat. Walk back up the wall and do a push up. Repeat.

Press to play this week's workout video