



Challenge WEEK-3

EXERCISE 1



SKIPPING WITH SIDE TAP

- ▶ Stand with your arms at your side and feet hip width apart (Start 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



CORE TWIST

- ▶ Start holding dumbbells (DB) at chest level. Turn your upper body to the right and lift your right knee.
- ▶ Come back to the centre and repeat for a left side turn and left knee up
- ▶ Continue turning alternating side and knee up for the minute.
- ▶ **Modification:** Omit the DB, clasp your hands together and sit on a chair. Take the hands to one side and lift the same knee, back to the middle then turn to the other side and lift the knee.

EXERCISE 3



MOUNTAIN CLIMBERS

- ▶ Start with your body in a straight line and your hands slightly wider than shoulder-width apart. Keep your toes and balls of the feet touching the floor.
- ▶ Bring one knee up toward the centre of your stomach and then quickly alternate between legs. Continue alternating knee to centre for the minute.
- ▶ **Modification:** Use a chair for elevation or do this exercise standing with a high knee march and alternating opposite arm reach.

Press to play this week's workout video