



### Challenge WEEK-4

#### 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



#### DB HALO SQUART

- ▶ Start holding dumbbells (DB) at chest level.
- ▶ Then move the DB around your head in a clockwise motion. Starting with a large circle and then gradually decrease it until the weight is barely clearing your head.
- ▶ Return to start position and squat. Then do the halo in an anti-clockwise direction, ending with a squat.
- ▶ Continue to change halo direction and squat for the minute.
- ▶ **Modification:** Omit the DB halo.

#### EXERCISE 3



#### WALKING PLANK

- ▶ Begin in a high plank position, then simultaneously cross your right hand over your left, as you step your left foot to the left.
- ▶ Then simultaneously step your left hand and right foot to the left, so you're back in plank position. Your hands move together as your feet step apart.
- ▶ Repeat for a right way movement, continue alternating direction for the minute.
- ▶ **Modification:** Do a push up against the wall then walk your hands down and then up again.

Press to play this week's workout video