



T3-WEEK-2-Agility

EXERCISE 1



PUNCH UP MARCH

- ▶ Start with feet hip width apart holding dumbbells (DB) at shoulder level, elbows close to your sides.
- ▶ Start by raising your right knee up and punch the left DB towards the ceiling. Return to start.
- ▶ Repeat for a left knee up, with a right punch up. Continue alternating the punch up while marching the knees up.
- ▶ Continue for the minute.
- ▶ **Modification:** Omit the DB.

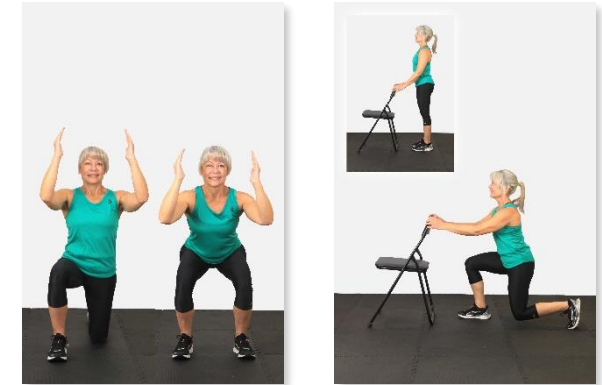
EXERCISE 2



YOGA BLOCK SQUAT

- ▶ Start standing holding a yoga block between your legs above your knees parallel to the ground.
- ▶ Brace your abdominal muscles and push your hips back behind you. Raise your arms forward, sink into a squat.
- ▶ Return to the start position and repeat for the minute.
- ▶ **Modification:** Omit the yoga block and do air squats.

EXERCISE 3



KNEEL TO SQUAT

- ▶ Start kneeling on a soft mat, arms forward and elbows bent at 90 degrees.
- ▶ Brace your abdominal muscles and bring the right foot forward.
- ▶ Pressing down on your right foot bring your left foot forward in a squat position.
- ▶ Return the right knee to the ground then the left.
- ▶ Repeat the exercise for a left foot start, continue alternating for the minute.
- ▶ **Modification:** supported reverse lunges.

Press to play this week's workout video