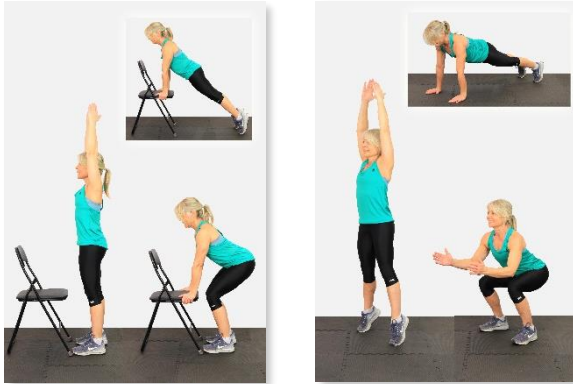




### T3-WEEK-3-Core

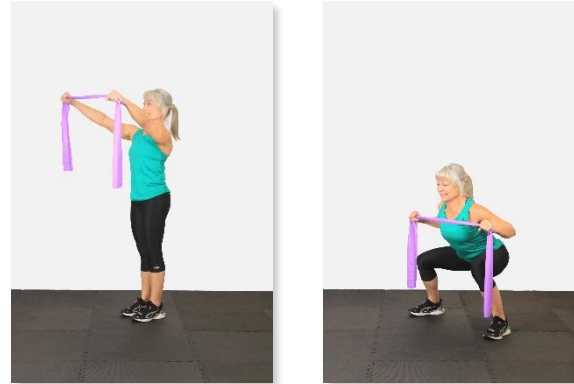
#### EXERCISE 1



#### BURPEE-MODIFIED

- ▶ Start with your feet wider than hip apart.
- ▶ Reach for the ground with hands in between your feet. Use your legs to squat down.
- ▶ Jump back into a stiff high plank position, jump back with a hip thrust like motion bring the feet back to the outside of your hands.
- ▶ Leading with the chest, spine in neutral position push through the heels come back to standing.
- ▶ **Modification:** Omit the jump back and step your legs back. Use a chair or step for elevation.

#### EXERCISE 2



#### PULL STEP SQUAT

- ▶ Start stand holding a stretch band at chest level or higher if comfortable for your shoulder joint.
- ▶ Brace your abdominal muscles and pull the band down and slightly apart. The movement should be using your back muscles – that is shoulder blades come down and together.
- ▶ Simultaneously take a step to the right side and descend into a wide stance squat. Pause and return to start.
- ▶ Repeat for a step out to the left. Continue alternating sidesteps for the minute.
- ▶ **Modification:** Omit the squat

#### EXERCISE 3



#### PUSH UPS

- ▶ Start in a plank position with your arms and legs straight, shoulders over your wrists. You may also start on your knees.
- ▶ Brace your abdominal muscles keeping your shoulders broad lower your chest towards the ground while maintaining the plank position and pause.
- ▶ Pressing through the heel of your hands upwards from your chest and shoulders, straightening your arms as you return to the starting position. Repeat for the minute.
- ▶ **Modification:** Push ups against the wall.

Press to play this week's workout video