



T3-WEEK-4-Cardio

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



REVERSE LUNGE TWIST

- ▶ Start with feet hip width apart hold a dumbbell (DB) at chest level.
- ▶ Take a step back with your right leg, turn taking the DB over your left (forward) leg.
- ▶ Return to start position and repeat for a left reverse lunge and turn.
- ▶ Continue alternating reverse lunge and DB twist for the minute.
- ▶ **Modification:** Omit the twist and/or DB

EXERCISE 3



PLANK TO BEAR

- ▶ Start on your hands and knees on a mat. Lift your knees off the ground and hold in place.
- ▶ Brace your abdominal muscles and take your right leg back, then left leg back. Return your left leg then right leg to start position.
- ▶ Repeat starting with your left leg back. Continue alternating the hand to knee tap for the minute.
- ▶ **Modification:** using a chair for support alternate knee lift and same arm back.