

### Fitness WELLth 2024

# 9 Minute Workout Guide



# T3-WEEK-5-Strength

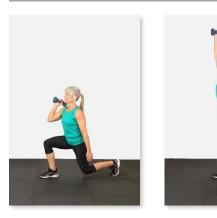
## **EXERCISE 1**



#### **DB LUNGE PASS**

- Start holding a dumbbell (DB) in your right hand. Take a step back with your right leg into a reverse lunge.
- Pass the DB under your forward left leg into your left hand. Repeat taking a step back with your left leg and transfer the DB to your right hand.
- Continue the DB pass lunge for the minute.
- Modification: Pass the DB over the forward leg.

## **EXERCISE 2**



### LUNGE PRESS

- Start holding one dumbbell (DB) at shoulder level. Take a step back with your left leg into a reverse lunge.
- Brace your abdominal muscles, press down firmly through your grounded foot to return to standing and press the DB up towards the ceiling.
- Return the DB to shoulder level and repeat 6-8 times then change sides.
- Modification: Omit the DB and the press, do alternating reverse lunges.

## **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 your left knee up towards your left arm and return to start. Repeat for the right knee.
- ► Then quickly alternate knee to arm for the minute, taking a break when necessary.
- ▶ Modification: Use a chair for elevation or do this exercise standing with a high knee march and alternating opposite arm reach.