



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.

Press to play this week's workout video