



### T3-WEEK-6-Balance

#### EXERCISE 1



#### SQUAT LIFT CURL

- ▶ Start holding dumbbells (DB) at shoulder level. Brace your abdominal muscles, push your hips back and bring the DB towards the ground.
- ▶ Pressing through your feet, curl the DB back to your shoulders, while you lift your right leg out to the side.
- ▶ Return to standing and repeat for left leg side lift. Continue alternating leg lift squat for the minute.
- ▶ **Modification:** Omit the DB and use a chair for support.

#### EXERCISE 2



#### ZOTTMAN CURL

- ▶ Start standing holding dumbbells (DB) at shoulder level palms facing shoulders.
- ▶ Brace your abdominal muscles and turn the DB palms facing forward.
- ▶ Slowly curl the DB down to your thigh, and then turn the DB to face forward and curl the DB back to your shoulders.
- ▶ Continue this exercise pattern for the minute. Be sure to maintain good posture with shoulders down and back, away from your ears.
- ▶ **Modification:** Do this exercise seated.

#### EXERCISE 3



#### OBLIQUE CRUNCH

- ▶ Start by laying on your right side with forearm below shoulder, knees are bent with feet behind you. Extend your right leg and right arm.
- ▶ Brace your abdominal muscles and crunch your side torso muscles by bringing your elbow and knee towards each other
- ▶ Pause and return to start position. Repeat 6-8 times and then change sides.
- ▶ **Modification:** Standing or sitting high march pull.

Press to play this week's workout video