



T3-WEEK-7-Agility

EXERCISE 1



DUMBBELL SIDE LUNGE

- ▶ Start holding dumbbells (DB) at shoulder level.
- ▶ Take a step to the right, brace your abdominal muscles, push your hips back behind your right knee, descend into a side lunge and bring the dumbbells down towards the ground.
- ▶ Pushing through your right foot come back to standing bring the DB back to shoulder level.
- ▶ Repeat for a left lunge and then continue alternating side lunge for the minute.
- ▶ **Modification:** Side taps with biceps curls.

EXERCISE 2



KNEE DRIVE FLY

- ▶ Hold dumbbells (DB) at your sides (start position). Raise your right arm forward and lift your left knee up. Bring your arm and leg back to start position.
- ▶ Brace your abdominal muscles push your hips back and lean forward to a comfortable position.
- ▶ Fly your arms out to the side keeping your arms stiff, shoulders away from your ears, use your side back muscles to bring your shoulder blades together.
- ▶ Pause and return to start. Continue the fly with alternating the knee up for the minute.
- ▶ **Modification:** Omit the fly and do a DB march.

EXERCISE 3



REACH LEG TAP

- ▶ Lie on a mat, hands on the ground for support. Brace your abdominal muscles to bring your knees up to make a 90-degree angle.
- ▶ Keeping your abdominal muscles braced reach your hands to your knees and then reach further towards your ankles.
- ▶ Return to start and then continue with the reach leg tap for the minute.
- ▶ **Modification:** Do this exercise seated in a chair.

Press to play this week's workout video