



T1-WEEK-6-Balance

1.SL Cross Punch



INSTRUCTIONS

- ▶ Start standing on your left foot holding dumbbells (DB) at chest level.
- ▶ Brace your abdominal muscles, driving through your left foot for support, punch the DB across your body left to right and then right to left.
- ▶ Change standing leg at 30 seconds and continue the cross punch standing on your right foot.
- ▶ **Modification:** Omit DB and do standing cross punch with both feet on the ground.

2.Side Lunge Raise



INSTRUCTIONS

- ▶ Stand with feet hip-width apart, holding dumbbells. Step right into a side lunge, keeping your knee over your foot, and push your hips back.
- ▶ Lift the DB slightly above parallel. Use your left foot to return to the start, lowering your arms. Repeat, alternating legs for one minute.
- ▶ **Modification:** Omit the side lunge and do side steps.

3.Butterfly Dips



INSTRUCTIONS

- ▶ Sit on the mat with your feet together, hands placed behind you with fingers pointing forward, and knees bent, allowing your thighs to open.
- ▶ Extend your arms and lift your hips, bringing your knees together. Lower your body by bending your elbows and returning to the starting position. Repeat for the minute.
- ▶ **Modification:** Use a chair, holding DB push your arms back and butterfly knees to the side.