



T1-WEEK-7-Agility

1. 180° Squat



INSTRUCTIONS

- ▶ Start with your feet hip width apart and shift your hips back.
- ▶ Push through your heels to jump up and turn to the left 90 degrees. Land on your toes with your knees slightly bent and squat, repeat again to the left.
- ▶ Reverse the jump now to the right and continue for the minute
- ▶ **Modification:** Omit the jump and do squat turns instead.

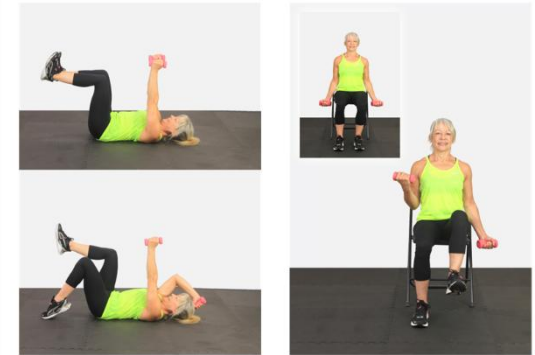
2. Leg Lift Press



INSTRUCTIONS

- ▶ Start holding dumbbells (DB) in each hand at your sides.
- ▶ Curl the right DB to your shoulder. Press the right DB up towards the ceiling and lift your left leg out to the side.
- ▶ Return to start and repeat for a left DB press and leg lift. Continue alternating for the minute.
- ▶ **Modification:** Omit the DB.

3. Alt Arm-Leg-Tap



INSTRUCTIONS

- ▶ Start lying on your back holding dumbbells over your chest, arm extended. Knees are bent at 90°
- ▶ Tap your right toe to the ground and bending only your elbow, tap the left DB back towards the ground. Return to start.
- ▶ Repeat for a left toe and right DB tap. Continue alternating for the minute.
- ▶ **Modification:** Sit in a chair and march with the DB