



T1-WEEK-8-Core

## 1. Lunge Chest Press



### INSTRUCTIONS

- ▶ Start with a stretch band across your back and hold each end at chest level.
- ▶ Press the band forward and take a step back with your left leg into a lunge if possible.
- ▶ Return to start and repeat with a chest press and right leg step back or lunge.
- ▶ **Modification:** Omit the band

## 2. Sumo Squat Pull



### INSTRUCTIONS

- ▶ Stand with feet wider than shoulder width. Hold a stretch band overhead or forward at a comfortable level, with some tension.
- ▶ Keeping the band under tension and leading with the elbows bring your fists to shoulder level while descending into a squat.
- ▶ Pause and return to start position and repeat for the minute.
- ▶ **Modification:** Omit the squat and/or the band.

## 6. Tricep Bridge



### INSTRUCTIONS

- ▶ Lie down on a mat with your feet flat on the mat. Place a resistant band across your hips and hold each end at your sides.
- ▶ Then driving your fists into the ground, raise your hips upwards until a straight line is formed from your knees to your shoulders.
- ▶ Pause, then slowly lower your hips down to the start position and repeat. Continue for the minute.
- ▶ **Modification:** Band triceps pull downs.