



### T1-WEEK-9-Cardio

#### 1. Forward Back Run



##### INSTRUCTIONS

- ▶ Begin in an athletic stance, feet shoulder-width apart brace your abdominal muscles, arms forward, push your hips back.
- ▶ Swing your arms backward to build momentum, then leap forward twice
- ▶ Quickly shuffle back to the starting position and repeat for the designated number of repetitions.
- ▶ **Modification:** Omit the jumps and take steps forward instead

#### 2. Lunge Biceps Curls



##### INSTRUCTIONS

- ▶ Start with feet hip width, holding dumbbells (DB) at your sides.
- ▶ Take a step back into a right leg lunge, brace your abdominal curl the DBs twice to your shoulders, return to start.
- ▶ Repeat for a left leg lunge and biceps curl, continue alternating leg for the minute.
- ▶ **Modification:** Omit the lunge and do a tap back bicep curl.

#### 3. Chest Press



##### INSTRUCTIONS

- ▶ Lie on your back, soles of your feet on the ground holding dumbbells (DB) with arms extended toward the ceiling.
- ▶ Brace your abdominal muscles, bring your right elbow to the ground and return to start, then left elbow to the ground, then both elbows together to the ground.
- ▶ Repeat the movement pattern for the minute, alternating the starting elbow.
- ▶ **Modification:** Do this exercise seated in a chair.