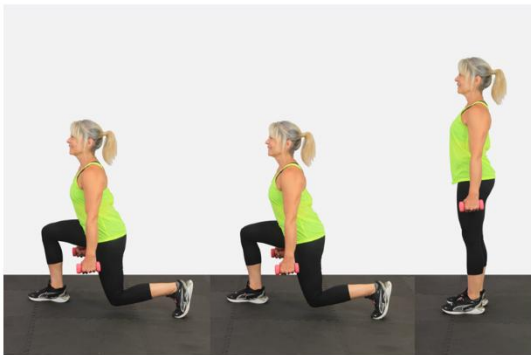




T1-WEEK-10-Strength

1. Walking Lunges



INSTRUCTIONS

- ▶ Start with feet hip width apart. Take a large step forward with your right leg and descend into a lunge. Bring your left leg to the right and pause.
- ▶ Take another step forward with your left leg and bring your right to your left and pause. Then again right footstep forward.
- ▶ Then reverse lunge back to the start. Repeat the walking lunges for the minute.
- ▶ **Modification:** march on the spot.

2. Squat to Upright Row



INSTRUCTIONS

- ▶ Start with feet wide in a sumo position, holding dumbbells (DB) in front of your thighs, place your feet wide apart.
- ▶ Brace your abdominal muscles, shift your hips back to descend into a squat. Keep your knees tracking over your feet.
- ▶ Press through your heels, to return to standing and bring the DB up to chest level. Lower and repeat for the minute.
- ▶ **Modification:** Omit the DB

6. Chest Fly Bridge



INSTRUCTIONS

- ▶ Start lying on your back, holding dumbbells (DB) out from your sides. Feet on the mat.
- ▶ Brace your abdominal muscles, to lift your hips off the ground and bring the DB from the ground to over your chest. Pause and return to start.
- ▶ Continue for the minute.
- ▶ **Modification:** Sit in a chair and do reverse fly.