



CLICK FOR TIMER

## WEEK 1

### EXERCISE 1



#### WOODCHOP KNEE UP

- ▶ Start with hands clasped together and raised over head.
- ▶ Engage the abdominal and gluteal muscles.
- ▶ Rotate the hands out to the left (anti clockwise) and raising the right knee and tap knee gently.
- ▶ Reverse the direction and do a full revolution to the right (clockwise) and tap the left knee with the clasped hands.
- ▶ Repeat left and right wood chop with a opposite knee raise for the minute.

Demo Video

### EXERCISE 2



#### PRISONER SQUATS

- ▶ Stand with your feet hip width apart. Place your hands behind your
- ▶ Keep your weight on your heels and push your hips back and then lower your backside to the ground as far as you can keep your back straight and elbows out to the side.
- ▶ Do not let your knees extend out beyond the level of your toes.
- ▶ Return to the start position by pushing down through your heels and extending your hips forward until you are standing straight.
- ▶ Repeat for the minute.

Demo Video

### EXERCISE 3



#### WALK OUT PLANK

- ▶ Start by standing tall reach your hands to the ground just in front of you.
- ▶ Walk your hands forward until you are one long line in a plank position.
- ▶ Pause for a few seconds in plank.
- ▶ Then walk your hands back to your feet. While gently exhaling return to standing
- ▶ Repeat for the minute.

Demo Video