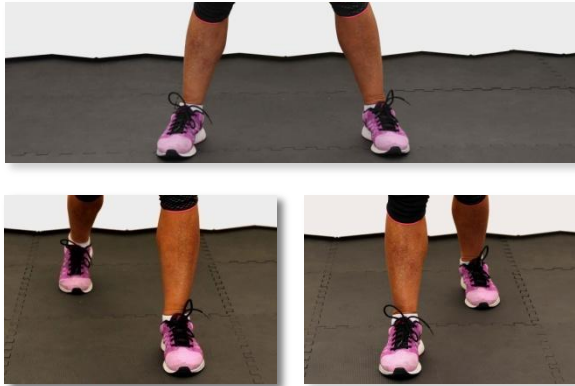




CLICK FOR TIMER

WEEK 2

EXERCISE 1



JACK TO ALI FEET

- ▶ Start with hands on hips and feet hip width apart
- ▶ Jack the left foot forward and the right foot back
- ▶ Jack the feet back to start and hip width apart
- ▶ Jack the right foot forward and left foot back
- ▶ Jack the feet back to start.
- ▶ Continue the jack alternating left and right for the minute.

Demo Video

EXERCISE 2



STATIC LUNGE PULSES

- ▶ Start in a split stance, hands clasped together in front of you.
- ▶ Feel your weight in your front heel with the whole foot on the ground. You should also feel the middle of the glute on the same side of the forward leg engage.
- ▶ Then in a chopping motion bring the hands to the outside of the leg and then to the inside of the leg while pulsing through the heel of the forward foot.
- ▶ Do 10-15 repetitions then change forward leg.
- ▶ Increase or decrease pulses so that equal amounts on each leg can be completed in the minute.

Demo Video

EXERCISE 3



GLUTE BRIDGE WITH TRICEPS

- ▶ Make a fist with your hands or hold weights in each hand.
- ▶ Lie on your back, with your knees bent. Bend your elbows so that your fists are positioned at either side of your head, palms facing your ears and elbows pointed up toward the ceiling.
- ▶ Simultaneously contract your glutes and raise your hips, so your body forms a straight line from your shoulders to your knees while you extend your arms, so the weights are lined up with your chest.
- ▶ Return to start and repeat for the minute.

Demo Video