



CLICK FOR TIMER

WEEK 3

EXERCISE 1



LATERAL RUNS

- ▶ Place two markers at about 10 meters apart
- ▶ Start at one marker and run sideways until you get to the other marker. Touch the marker and run sideways to the other marker.
- ▶ Continue running sideways for the minute.
- ▶ Alternatively run on the spot for the minute.

[Demo Video](#)

EXERCISE 2



CHAIR POSE TOUCH

- ▶ Start feet shoulder width apart in a low squat position arms straight above your head.
- ▶ Keeping your core engaged and back straight lower your hands to your feet and touch.
- ▶ Return to start position and repeat.
- ▶ Continue the chair pose touch for as long as you can or for the minute.
- ▶ This exercise can be modified by doing a wall sit and raising the arms to touch the wall behind you.

[Demo Video](#)

EXERCISE 3



MOUNTAIN CLIMBERS

- ▶ Assume a push up position with your arms completely straight. Your body should form a straight line from your shoulders to your ankles.
- ▶ Lift your right foot off the floor, and slowly raise your knee as close to your chest as you can.
- ▶ Return to the starting position, and repeat with your left leg.
- ▶ Continue alternating for the minute with good form.

[Demo Video](#)