



CLICK FOR TIMER

## WEEK 5

### EXERCISE 1



#### SPRINTER WARM UPS

- ▶ These 3 exercises are to be done in the minute aim for 10 – 20 repetition of each exercise.
- ▶ **High knees:** Bring knees as close to the chest as possible with each repetition.
- ▶ **Kick Backs:** Kick the heels back aiming to get as close to the backside as possible.
- ▶ **Knee Repeater:** Bring only the right knee to the chest and return it to the ground and then switch legs.

[Demo Video](#)

### EXERCISE 2



#### SINGLE LEG FLYING CROSS

- ▶ Stand feet shoulder width apart.
- ▶ Slowly extend your right leg behind you and reach your hands to the ground as far as you can. Return to standing repeat two more times.
- ▶ On the third reach pause and extend your arms to the side so that your palms are parallel to the ground.
- ▶ Repeat sequence on the left leg and continue alternating leg for the minute.

[Demo Video](#)

### EXERCISE 3



#### DEEP PULLS

- ▶ Start in a high plank position.
- ▶ Slowing bend your knees and reach your bottom to your heels keeping your knees as close to the ground as possible but not touching. Feel a deep pull away from the hands as you relax into the position.
- ▶ Return to high plank position and repeat the deep pull for the minute.
- ▶ Once you have a good rhythm you can increase momentum for a little more intensity.

[Demo Video](#)