



CLICK FOR TIMER

## WEEK 1

### EXERCISE 1



#### **KNEE STEP UP LUNGE**

- ▶ Step onto a step with your right foot and drive your left knee up.
- ▶ Then step down with your left foot and into a reverse lunge with the right foot.
- ▶ Do 10 -15 repetitions with your right leg and then repeat with your left leg.
- ▶ Continue for the minute. You like add a little hop on the step for extra intensity
- ▶ Tip: Keep your hips square and try not to lean to the side as you're stepping up.

Demo Video

### EXERCISE 2

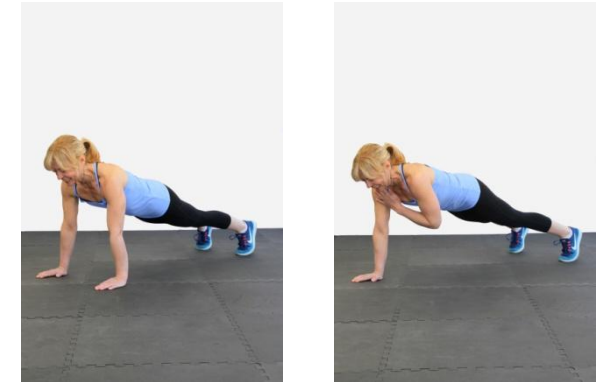


#### **SINGLE LEG WALL SQUATS**

- ▶ Stand about 3-4 feet away from a wall. Extend the left leg behind you, pressing the ball of your left foot against the wall at about knee height.
- ▶ Tighten your abdominals, keep your back straight, and slowly push your hips back, keeping your chest up.
- ▶ Your knee bends, but your backside and thigh muscles are working hard to keep you balanced.
- ▶ Pressing through the right heel lift back up to start, keeping the ball of your left foot against the wall.
- ▶ Repeat 10 -15 times then switch leg.

Demo Video

### EXERCISE 3



#### **SHOULDER TAP PLANK**

- ▶ Start in a plank position, with your wrists under your shoulders and feet hip width apart.
- ▶ Touch your left shoulder with your right hand and return to plank position.
- ▶ Then touch your right shoulder with your left hand and continue alternating sides for the minute.
- ▶ Keep your hips parallel and stable through out the exercise.
- ▶ If this is a challenge plank until you are strong enough to lift your hand off the ground.

Demo Video