



CLICK FOR TIMER

WEEK-1-BALANCE

EXERCISE 1



LATERAL STEPS

- ▶ Start on left hand side of the step and with your left foot step onto the step and off to the right.
- ▶ Then step and with your right foot onto the step and off to the left.
- ▶ Repeat side stepping for the minute.
- ▶ You can increase the intensity by running across.

Demo Video

EXERCISE 2



LUNGE WITH ROTATION

- ▶ Stand with your feet hip-width apart and your arms straight out in front.
- ▶ Step your left foot back and twist your torso to the right as you bend your knees and lower your body until both of your legs form 90-degree angles.
- ▶ Twist back to centre, bring your left foot forward and return to start position.
- ▶ Repeat 5-8 time and change leg. Continuing for the minute.

Demo Video

EXERCISE 3



PUSH UPS

- ▶ Start in plank position and place hands wide apart, supporting your body on your toes or knees.
- ▶ Your body should be straight and elbows extended. Keep your abdominal muscles engaged and hips lifted off the floor.
- ▶ Allow the elbows to bend and lower your chest to the floor.
- ▶ Pause and then repeat for the minute.
- ▶ Modification: Push up against the wall..

Demo Video