



CLICK FOR TIMER

## WEEK-3-CARDIO

### EXERCISE 1



#### SKATER LUNGES

- ▶ Keep your core tight and back flat as you bend slightly forward
- ▶ Leap to the left. As you do, bring your right leg behind you and tap the ground. At the same time, bring your right arm in front of you.
- ▶ Now, leap to the right, bringing your left leg behind you and your left arm in front of you
- ▶ Try and not to over think, leap from side to side and let your body flow naturally
- ▶ Repeat the movement for the minute

Demo Video

### EXERCISE 2



#### KICK BACK SQUATS

- ▶ Stand with your feet shoulder width apart hands on hips.
- ▶ Begin the squat; lowering your hips deeply (or to where you can) so your thighs are parallel with the floor. Be sure to keep your weight back in your heels.
- ▶ Then rise back up, straightening the legs completely, and lift the left leg behind you for a back kick. Return to start.
- ▶ Do another squat and repeat for the right leg kick.
- ▶ Continue alternating leg with a squat in between for the minute.

Demo Video

### EXERCISE 3



#### MOUNTAIN CLIMBERS

- ▶ Place your hands flat on the floor, shoulder width apart, in high plank position.
- ▶ Starting with either leg, flex your knee and hip at the same time to bring your knee up and under your hip. Your other leg should remain fully extended. This is the start position.
- ▶ Using an explosive movement, reverse the position of your legs, by extending the bent leg back and simultaneously flexing the straight leg until it is in the start position.
- ▶ Continue alternating in this manner for the minute.

Demo Video