



CLICK FOR TIMER

WEEK-4-CORE

EXERCISE 1



BURPEES

- ▶ Start in a high plank position and jump your feet forward at the same time release your hands off the mat. Using an explosive motion push through your heels and jump up to standing.
- ▶ Then in one smooth motion, squat down and place your hands palms down on the floor in front of your feet.
- ▶ Lean forward, so your weight is on your hands, at the same time jump your feet back behind you to the start position. Optional is a push up at this point.
- ▶ Repeat for the minute.

Demo Video

EXERCISE 2



DUMBBELL SQUATS

- ▶ Start with your feet wider than shoulder-width. Your toes should be facing out diagonally.
- ▶ Holding a dumbbell with both hands in front of you, look straight ahead push your hips backward as you descend. Your knees should be following your toes in a diagonal line.
- ▶ Complete this wide stance squat by having your thighs come parallel with the ground.
- ▶ Pause and slowly return to the starting position without locking your knees.
- ▶ Repeat for the minute.

Demo Video

EXERCISE 3



PLATE SLIED PRESS

- ▶ Start in a sited position knees bent heels on the ground.
- ▶ Holding a plate or a weight at your chest lean back until you feel your abdominal muscles engage.
- ▶ Hold this position and press the weight out in front as you breathe out and breathe in as you bring the weight back to your chest.
- ▶ Focus on keeping your abdominal muscles contracted to prevent your lower back from curving. Repeat for the minute.
- ▶ To increase the intensity lift your heels off the ground.

Demo Video