



CLICK FOR TIMER

## WEEK-5-STRENGTH

### EXERCISE 1



#### FAST FEET

- ▶ This is a rapid movement of the feet 5 to 10 centimetres off the ground.
- ▶ Contact should be on the mid foot, not the toes or heels. This will activate the muscles around the ankles.
- ▶ Muscle in the legs and upper body are relaxed, head up, hips tall, avoid the sitting type position or leaning to far forward.
- ▶ Keeping this form and repeat fast feet action for as long as you can for the minute.

Demo Video

### EXERCISE 2



#### DB STEP OUT SQUAT

- ▶ Stand with your feet hip-width apart, holding a pair of dumbbells at your shoulders parallel to the ground. (or make a strong fist with your hands)
- ▶ Take a step to the right and descend into a sumo squat.
- ▶ When you feel stable, lower the dumbbells and curl them back to shoulder level.
- ▶ Return to start position. Repeat for a left step out.
- ▶ Continue alternating sides for the minute.

Demo Video

### EXERCISE 3



#### BRIDGE WITH A BAND

- ▶ Lie on your back with knees bent, hip-width apart, feet on the ground. Place a resistance band across your pelvis. Hold the band and press the ends into the ground at the sides of your hips.
- ▶ Brace your abdominal in tight, squeeze glutes, and quickly drive hips up into bridge. Hold for 1 count, and then slowly lower for 3 counts to return to start.
- ▶ There should be no pressure on your lower back, and your upper arms are fully engaged
- ▶ Repeat for the minute.

Demo Video