



CLICK FOR TIMER

## WEEK-7-AGILITY

### EXERCISE 1



#### SKIP LUNGE

- ▶ Come into a reverse lunge with your right leg back.
- ▶ Swing your right leg forward to a hop up on your left foot, and land softly back in a reverse lunge.
- ▶ Alternative to the hop is to come up into a heel raise and then lower back into a reverse lunge.
- ▶ Repeat for 30 seconds, then switch sides for the remaining minute.

Demo Video

### EXERCISE 2



#### LATERAL LUNGE PASS

- ▶ Hold the kettle bell in your right.
- ▶ Take a big step to the left and sit back into a side lunge, passing the weight under your left knee and grabbing it with your left hand.
- ▶ Release your right hand and press through your left heel to return to standing, repeat on the same side for 30 seconds then change sides.

Demo Video

### EXERCISE 3



#### PLANK CROSS PULLS

- ▶ Start in a plank position with a weight just underneath your left arm.
- ▶ Keeping a strong plank reach for the weight with your left hand and drag it through to your left.
- ▶ Then reach through with your right hand and drag the weight through to your left.
- ▶ Continue dragging through the weight for the minute.
- ▶ Alternative is a plank hold for the minute.

Demo Video