



CLICK FOR TIMER

## WEEK-8-CARDIO

### EXERCISE 1



#### REVERSE LUNGES

- ▶ Stand with feet hip width apart, either with your hands on your hips or use a bar across your shoulders for weight.
- ▶ Step back with your right leg, and lower your body until your left knee is bent at 90 degrees.
- ▶ Return to standing and then step back with your left and lower until your right knee is bent at 90 degrees.
- ▶ Alternate reverse lunges for the minute.

Demo Video

### EXERCISE 2



#### STEP SHOULDER PRESS

- ▶ Put your right foot on a step and shift your hips back a little by pressing your heel on to the step to engage the glutes.
- ▶ Hold dumbbells to each side of shoulders at chest level or make a fist.
- ▶ Press the dumbbells up at a 45° angle so that your arms come up alongside your ears
- ▶ Return to the dumbbells to chest level. Repeat for 30 seconds and then change legs and repeat shoulder press for the remaining minute.
- ▶ In class we did a combination of shoulder press, chest fly and a dumbbell row.

Demo Video

### EXERCISE 3



#### LEG CLIMB CRUNCHES

- ▶ Lay on you back and raise your left leg straight into the air.
- ▶ Start with your left hand on your outer leg and use your hands to "climb up" raised leg to touch toes, then "climb" back down. Continue climbing for 30 seconds.
- ▶ Then raise your right leg and continue "climbing up" for the remaining minute

Demo Video