



CLICK FOR TIMER

WEEK-10-STRENGTH

EXERCISE 1



KNEE REPEATER

- ▶ Stand with your weight on your left foot, lean forward
- ▶ Brace your abdominal muscles and draw your right knee in towards your chest, and then tap your right foot back behind you to the floor.
- ▶ Repeat the knee up and back step with the right leg for 30 seconds while maintaining the pressure on the grounded with your left foot
- ▶ Change leg and continue the repeater for the remaining minute.

Demo Video

EXERCISE 2



SQUAT BALL PRESS

- ▶ Stand with your feet hip width apart holding a ball or weight at your chest.
- ▶ Start the squat by pushing your hips back and lowering your bottom to the ground until your thighs are parallel to the ground (or just above)
- ▶ Then press your weight into your heels return to standing while pressing the ball/weight out in front of you (exhale).
- ▶ Continue the squat and press for the minute.

Demo Video

EXERCISE 3



FIRE HYDRANT SITS

- ▶ Begin with your knees and hands on a mat, knees directly under your hips, and hands directly below your shoulders
- ▶ Extend your right foot out to your side (start position)
- ▶ Lift your right leg as high as you can keep your hips level, replace your right foot back on the ground and sit back onto your left heel and return to start position.
- ▶ Repeat 6-8 times and then change leg.

Demo Video