



CLICK FOR TIMER

WEEK-9-CORE

EXERCISE 1



BOXING KNEE UP

- ▶ Start with your feet shoulder width apart.
- ▶ Make a fist with your hands, and hold them at chest height.
- ▶ With a punch like action strike your left fist out in front and slightly across your body.
- ▶ Then strike out with your right fist, then left again. On the 3rd fist strike pull the left leg to the chest.
- ▶ Continue boxing with a left leg pull for 30 seconds and then swap to a right lead fist strike and right leg pull for the remaining minute.

Demo Video

EXERCISE 2

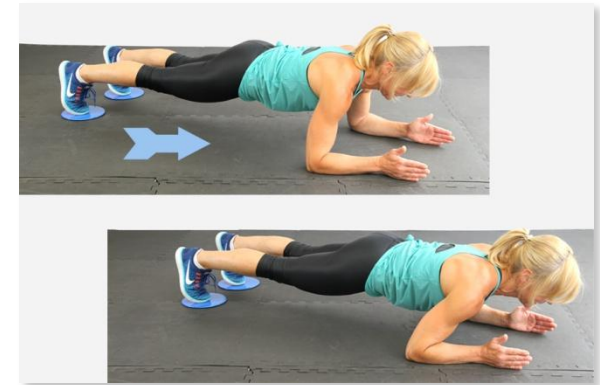


REVERSE FLY

- ▶ Stand with feet hip width, knees slightly bent. Keep your back flat, bend forward at the hip joint. If you feel pressure on your lower back sit in a chair and lean over your thighs.
- ▶ Hold a dumbbell in each hand, in front of your knees (or behind your knees if you are sitting), exhale and lift both arms to the side, maintaining a slight bend in the elbows and squeezing your shoulder blades together.
- ▶ With control, lower the dumbbells back toward the ground.
- ▶ Continue the fly with good form for the minute.

Demo Video

EXERCISE 3



PLANK BODY SAW

- ▶ Start in an elbow plank position with your feet on sliders (plastic plates for carpet floors or cloth rags for hard floor)
- ▶ Hold your body in position and drag your feet forward by pulling yourself over your hands, then push yourself back.
- ▶ Continue this see saw action for the minute.
- ▶ Warning this is a tough exercise: do as many as you can and plank for the remaining minute.
- ▶ Make sure there is no pressure on your lower back.

Demo Video