



CLICK FOR TIMER

WEEK-7-AGILITY

EXERCISE 1



GRAPE VINE

- ▶ Stand with feet hip width apart. Then take your right foot behind your left foot.
- ▶ Take your left foot to the left and your right comes up with a little hop on the left foot. This will switch direction.
- ▶ Then take the left foot behind the right and right foot to the right bringing the left knee up.
- ▶ Repeat going from left to right on with the grape vine for the minute.

[Demo Video](#)

EXERCISE 2



GOBLET SQUAT

- ▶ Stand with your feet shoulder width apart while holding a light dumbbell to your chest. Or clasp your hand at your chest.
- ▶ Squat down keeping your chest up and pushing your hips back, continue down until your thighs are parallel to the floor. Hold for a count of one.
- ▶ Return to the start position. Repeat for the minute.

[Demo Video](#)

EXERCISE 3



PUSH UP KNEE TO CHEST

- ▶ Start in a plank position and lower your chest to the ground as far as you can with good form.
- ▶ Return to the high plank position.
- ▶ Bring the right knee to the right elbow return and return to the high plank position.
- ▶ Repeat the push up and bring the left knee to the left elbow and return to plank position.
- ▶ Continue alternating knee, push up, knee sequence for the minute with good form.

[Demo Video](#)