



CLICK FOR TIMER

WEEK-3-CARDIO

EXERCISE 1



STEP SQUAT KNEE LIFT

- ▶ Start in squat position with left leg on the step and right leg on floor. Hands in pray position.
- ▶ Push up through the heel of the left leg and lift right knee to side in line with your arm pit. Hold a moment and slowly lower back to start position.
- ▶ Repeat for 8-10 repetitions (30 seconds). Then change sides .

Demo Video

EXERCISE 2



BACK SQUATS

- ▶ Stand with your feet shoulder width.
- ▶ You can use a barbell, a stick or have your hands up and at your ears for this exercise.
- ▶ If the stretch is intense, using a stick then work with your breath and stretching for this exercise otherwise continue to the squat.
- ▶ To begin the squat; lower your hips deeply (or to where you can) so your thighs are parallel with the floor. Be sure to keep your weight back in your heels.
- ▶ Pause for one count and return to standing.
- ▶ Continue the back squat for the minute.

Demo Video

EXERCISE 3



RUSSIAN TWIST

- ▶ Sit on a mat with your knees bent and your feet flat on the ground or elevated.
- ▶ Lean back until your abdominal muscles engage; your torso and thighs form a V-shape.
- ▶ Interlace your hands and hold them at your chest. Exhale while twisting your torso to the right, aiming to bring your elbow to the ground.
- ▶ Inhale rotate back through to the centre, then twist to the left.
- ▶ Continue for the minute with good form and no back strain.

Demo Video