



CLICK FOR TIMER

WEEK-4-CORE

EXERCISE 1



STEP UP KICK BACK

- ▶ Place your left foot on a step or bench and put your hands on your hips.
- ▶ Push yourself up until your right leg is straight behind you and you are standing on the bench.
- ▶ Squeeze your glute to raise your right leg as far behind you as possible without arching into your back.
- ▶ Step down with your right leg and then step up with your right leg pushing the left leg back.
- ▶ Continue to alternate step up and leg kick back for the minute.

Demo Video

EXERCISE 2



DB REVERSE LUNGES

- ▶ Stand with feet width apart and engage your core muscles, hold dumbbells at your sides or make a fist with your hands.
- ▶ Slowly, step back with your right leg. Your toes should be straight and facing forward.
- ▶ Keep the front knee bent.
- ▶ Bend and lower the back knee to where you can towards the ground.
- ▶ Step your back leg forward and immediately step your left leg back.
- ▶ Continue alternating legs for the minute.

Demo Video

EXERCISE 3



SIDE PLANK CRUNCH

- ▶ Begin in a side elbow plank with your right elbow down and your left hand near your ear. To modify this strong position bend the right knee on the mat.
- ▶ Keeping your torso stable and your waist lifted, bring your left leg up toward your shoulder to lightly tap your left elbow.
- ▶ Lengthen your left leg back to the starting position
- ▶ Repeat 5-10 times, then switch sides.

Demo Video