



CLICK FOR TIMER

## WEEK-5-STRENGTH

### EXERCISE 1



#### SIDE MAT LEAPS

- ▶ Place a mat on the ground and start in a small squat.
- ▶ Jump/leap sideways to the left, landing on your left foot and then bring the right foot together on the ground.
- ▶ Reverse direction jumping to the right with your right leg. Continue the side way leap/jump for the minute.

Demo Video

### EXERCISE 2



#### LUNGE PULSE

- ▶ Hold a rolled up towel taut with both hands above your head.
- ▶ Step your left leg back and bend your knees to lower your body into a lunge until both knees are bent 90 degrees.
- ▶ With the pressure on the heel of the front right foot activate the glute muscles and slowly pulse up and down 15-20 times. There shouldn't be excessive pressure or strain on the back leg.
- ▶ Return to standing, change legs and repeat the lunge pulse on the left forward leg.

Demo Video

### EXERCISE 3



#### SINGLE LEG BRIDGE

- ▶ Lie on a mat, with your hands at your hip. Bend the knees then raise your right leg off the ground.
- ▶ Push down through your grounded (left) foot and lift your hips up, raising your glutes off the mat.
- ▶ Continue the lift until your hips are in a straight line with your torso. Hold for a count of one.
- ▶ Return the hips to the ground.
- ▶ Repeat the lift 8-10 times on the right and then change leg.

Demo Video