



CLICK FOR TIMER

WEEK-6-BALANCE

EXERCISE 1



KETTLEBELL CLEAN

- ▶ Start with feet slightly more than hip width apart and a kettle bell (KB) between your feet. Brace your abdominal muscles and pull the KB up with a hip hinge KB swing action.
- ▶ Once the KB is in motion, move your hands around the handle to "catch it" at your chest. Bring your elbows in tightly at your waist. Lower the KB to start position and repeat for the minute.
- ▶ **Modification:** Omit the KB and use your hands to touch the ground then come up making a fist with your hands.

Demo Video

EXERCISE 2



SINGLE LEG WOODCHOP

- ▶ Hold a ball or clasp your hands over your right shoulder bend your right leg lifting the heel behind you.
- ▶ Tighten your core and glute muscles until you feel stable.
- ▶ Push your hips back and bring the ball across your body and toward the outer left knee.
- ▶ Pushing through the heel of the standing leg and bring the hips forward and the ball back over your shoulder.
- ▶ Repeat 5-10 times and then swap standing leg.

Demo Video

EXERCISE 3



BRIDGE DUMBBELL PRESS

- ▶ Lie on your back with your knees bent and feet on the floor. Holding dumbbells in each hand or make a fist with your hands.
- ▶ Keep the weights directly above your chest, with your palms facing away from you. Push your hips off the floor until your torso forms a straight line, and brace your abdominal muscles to hold yourself still.
- ▶ Press the weights straight up above your chest and then lower your elbows to the ground continue the chest press for the minute.

Demo Video