



CLICK FOR TIMER

WEEK-7-AGILITY

EXERCISE 1



TOE TAPS

- ▶ Using a step, lightly tap your left toes to the step.
- ▶ Push off the ground with your right foot, jump to switch feet, bringing the right toes up and tap the step.
- ▶ Make sure that you are only tapping the step with your toe and not pushing off the step with your mid foot.
- ▶ Continue alternating feet for the minute.
- ▶ For low impact, omit the jump and step tap your toe to the top of the step.

Demo Video

EXERCISE 2



KETTLEBELL SQUAT

- ▶ Stand with your feet set wider than shoulder-width and hold a kettlebell (bottom up) with both hands up at your chest.
- ▶ Sit back into a squat, keeping the kettlebell high on your chest. Hold your shoulders broad and resist rounding into the kettlebell on the way down.
- ▶ Engage the muscles in your buttocks and drive through your heels to return to standing. Continue for the minute.

Demo Video

EXERCISE 3



BIRD-DOG-KNEE

- ▶ Begin on all fours with your hands directly under your shoulders and your knees directly under your hips.
- ▶ Engage your abdominal muscle to stabilize your spine and make sure your shoulders are broad.
- ▶ Bring your left knee and right elbow together under your torso. Keeping your torso stable, straighten your right arm and left leg. Reach through your left heel to engage the muscles on the back of the leg and your buttock.
- ▶ Repeat the knee to elbow and reach out 8 to 10 times then switch sides.

Demo Video