



CLICK FOR TIMER

WEEK-8-CARDIO

EXERCISE 1



FROG JUMPS

- ▶ Start in a wide stance squat with finger tips touching the floor
- ▶ Keeping your chest up, forcefully push off the ground with the balls of your feet.
- ▶ Land on the balls of your feet, and descend gently, softly and rhythmically, avoiding impact on the knees, return to the deep squat position.
- ▶ Repeat for the minute.

Demo Video

EXERCISE 2



HAMMER CURL TO PRESS

- ▶ Hold a pair of dumbbells at your sides. Stand tall with your feet shoulder-width apart.
- ▶ Keeping your hands in a neutral position, curl the dumbbells up to your shoulders.
- ▶ Press the dumbbells straight overhead, retaining the neutral hand position.
- ▶ Lower the dumbbells down to your shoulders, and reverse curl them back to the start position
- ▶ Repeat for the minute

Demo Video

EXERCISE 3



PUSH UPS

- ▶ Come into plank position with your arms and legs straight, shoulders above the wrists.
- ▶ Hold your body up and keep your back straight by tightening your abdominal muscles.
- ▶ Lower your chest towards the ground by bending your elbows until your chest is just above the ground or you feel your chest muscles engaging.
- ▶ Press upwards from your chest and shoulders, straightening your arms as you return to the starting position. Repeat for the minute.
- ▶ **Modification:** Knee push ups.

Demo Video