



CLICK FOR TIMER

WEEK-9-CORE

EXERCISE 1



BURPEE

- ▶ Start in a high plank position and jump your feet forward at the same time release your hands off the mat. Using an explosive motion push through your heels and jump up to standing.
- ▶ Then in one smooth motion, squat down and place your hands palms down on the floor in front of your feet.
- ▶ Lean forward, so your weight is on your hands, at the same time jump your feet back behind you to the start position. Optional is a push up at this point. Do as many as you can for the minute.

[Demo Video](#)

EXERCISE 2



BALL BOX SQUAT

- ▶ Place a ball or a stool or chair behind you something to aim for.
- ▶ Stand in front of a ball or box, with your feet shoulder-width. Brace your core and keep your chest up.
- ▶ Bend at the knees as you drive your hips back. Lower yourself slowly until your backside touches the ball/box. Pause then drive your hips forward to return to the starting position.
- ▶ Repeat for the minute.

[Demo Video](#)

EXERCISE 3



DUMBBELL ROW

- ▶ Stand with your feet hip-width apart and hold a set of dumbbells at your sides keeping your back flat, hinge at the hips and fold forward about 45 degrees. Let your arms hang straight down toward the floor with your head neutral.
- ▶ Drive your elbows up and back, keeping your upper arms in close to your sides and pulling the weights in toward your rib cage.
- ▶ At the top, pause and squeeze, then lower to the start.
- ▶ Repeat for the minute

[Demo Video](#)