



CLICK FOR TIMER

WEEK-1-BALANCE

EXERCISE 1

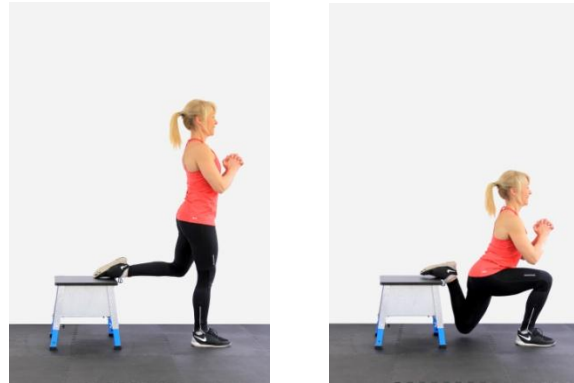


HIP-HOP

- ▶ Make a fist with your hands and hold them at shoulder level. Brace your abdominal muscles.
- ▶ Hop onto your right foot and bring your left knee to your chest return to the foot to the ground
- ▶ Hop again onto the right foot and take your left knee out to the side. Repeat 10-15 times change leg.
- ▶ Modification: Omit the hop.

Demo Video

EXERCISE 2



SPLIT SQUAT

- ▶ Start by placing your right foot on top of a bench behind you with toes facing down. Brace your abdominal muscles.
- ▶ Bend your front knee as you drop the back knee directly down to the ground. Front knee should not go over the toes. Allow your thigh to come to parallel with the floor.
- ▶ Pause then slowly return to the starting position without locking out your knee. Repeat 5-8 times change leg.
- ▶ Modification: Omit the leg elevation

Demo Video

EXERCISE 3



TRICEPS DIP KICKS

- ▶ Begin by sitting on the floor with your knees bent.
- ▶ Bring your arms behind you with your hands flat on the floor, fingers facing your back side.
- ▶ Lift body up off floor squeezing abdominal muscles and glutes to keep your body lifted.
- ▶ Bend your elbows behind you working your triceps as you kick your right foot into the air until your leg is straight.
- ▶ Repeat for the left leg. Continue alternating legs while using your triceps to dip for the minute.
- ▶ Modification: Omit the kick

Demo Video