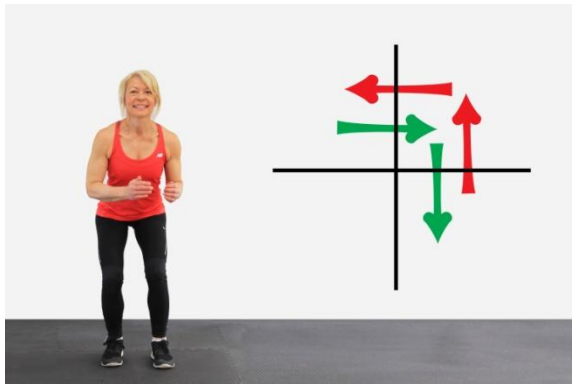




CLICK FOR TIMER

WEEK-3-Cardio

EXERCISE 1



X JUMPS DRILLS

- ▶ Mark out a box cross on the ground, using tape or lines on the floor. Physical markings will help with exercising your peripheral vision.
- ▶ Start in the top left square and jump or run to the right then jump forward, jump back and then jump to the left.
- ▶ Repeat the drill for 30 seconds. Change direction, start in the top right square and jump to left then forward, jump back and to right.
- ▶ Continue for the minute.

Demo Video

EXERCISE 2



BACK SQUATS

- ▶ Stand with your feet shoulder width.
- ▶ You can use a barbell, a stick or have your hands up and at your ears for this exercise.
- ▶ If the stretch is intense using a stick then work with your breath and stretching for this exercise otherwise continue to the squat.
- ▶ To begin the squat; lower your hips deeply (or to where you can) so your thighs are parallel with the floor. Be sure to keep your weight back in your heels.
- ▶ Pause for one count and return to standing.
- ▶ Continue the back squat for the minute.

Demo Video

EXERCISE 3



PUSH-UP REACH

- ▶ Start in the push up position on your toes or knees
- ▶ Engage your abdominal muscles, buttocks and broaden through the chest. Lower your chest to the ground.
- ▶ Feel the pressure in the palms of your hands, push up to the start position and extent one arm in front parallel to the ground.
- ▶ Continue with the push up and alternate the arm extension each time you push up.
- ▶ Repeat for the minute.

Demo Video