



CLICK FOR TIMER

WEEK-4-Core

EXERCISE 1



BURPEES

- ▶ 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 down on the floor in front of your feet.
- ▶ Lean forward, so your weight is on the heel and whole hand, 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



SIDE TO SIDE LUNGES

- ▶ Stand with your feet wider than shoulder-width apart and your toes both pointing straight ahead.
- ▶ Holding a dumbbell at your chest is optional.
- ▶ Bend your left knee and sink your bottom down and back to the left.
- ▶ Keep both heels down and your right leg straight as you sit back into a lunge on your left side. Press through the left foot and return to standing. Then lunge to the right.
- ▶ Continue alternating side lunges for the minute

Demo Video

EXERCISE 3



PUSH-UP ROTATION

- ▶ Begin in a plank position and lower your chest toward the floor, then push through the palms of your hands and return to plank.
- ▶ Twist to the left, reaching your left arm to the ceiling positioning yourself into a side plank. Pause for 2 seconds.
- ▶ Return to plank position, bringing your hand back to the floor. Complete another push-up and twist to the right.
- ▶ **Modification:** Side plank for 25 seconds then switch sides

Demo Video