



CLICK FOR TIMER

WEEK-5-Strength

EXERCISE 1



SIDE STEP KICK

- ▶ Stand with your feet hip-width apart, engage your abdominal muscles, open your chest face the front keep your back straight and take a big step back with your right leg. Crossing it behind your left leg.
- ▶ Descend into a lunge keep the knee over the ankle and keep the toes pointing in the same direction as the knees
- ▶ As you stand up kick your right leg out to the side and up. Repeat 8- 10 times and change legs.

Demo Video

EXERCISE 2



LATERAL WALK

- ▶ Place the band just above each ankle and wrapped around both legs.
- ▶ Stand feet hip width apart in a half-squat position to activate the glutes. Maintaining this position and shift your weight to the right foot and step sideways with your left foot.
- ▶ Bring your right foot to your left foot to hip width apart. Take 8-10 steps to the left. Then step to the right with the same form.
- ▶ Keep your hips level during the movement. Try not to bounce up and down or sway side to side.

Demo Video

EXERCISE 3



CHEST PRESS

- ▶ Lie on your back on a mat, bend your knees and move your feet towards your bottom.
- ▶ Hold a pair of dumbbells above your chest. Allow your upper arms to remain on the floor. Begin the movement by pushing the dumbbells over your chest. Pause at the top and squeeze your chest muscles.
- ▶ Slowly bring the weights down to the starting position, allowing your arms to rest for a brief moment before beginning the next repetition.
- ▶ Modification: Push up

Demo Video