



CLICK FOR TIMER

## WEEK-6-BALANCE

### EXERCISE 1



#### BOX JUMPS/STEP UPS

- ▶ Stand in front of a sturdy non slip box or step with feet shoulder width apart
- ▶ Bend your knees as if crouching or performing a squat. In an explosive movement, push through your feet to jump up onto the box or step.
- ▶ Make a soft landing by bending your knees and landing on both feet simultaneously on top of the box/step.
- ▶ Step down and repeat.
- ▶ **Modification:** Step up and change leading leg half way through

Demo Video

### EXERCISE 2



#### DB PUSH PRESS

- ▶ Start in a squat position, chest is lifted and straight, hold a dumbbell (DB) straight down between your legs with one hand.
- ▶ With an explosive movement, rise to a standing position and swing the weight up to your shoulder.
- ▶ Sink into a small squat use your hips as you stand, push the DB up overhead. Reverse the movement to bring the weight down. Repeat 5-8 times change hands
- ▶ **Modification:** use lighter weight and do a double hand bicep curl and a shoulder press.

Demo Video

### EXERCISE 3



#### BRIDGE SLIDE OUT

- ▶ Use sliders, or a towel for hard floors or plastic lid for carpet
- ▶ Put your heel on each slider. Press your hips up into a glute bridge position.
- ▶ Keeping your hips up, extend one leg out at a time. Driving through your heel, you will drag the foot back in so you are back up in a bridge.
- ▶ As you curl each leg back in, feel your hamstring work to pull the slider in. Be mindful not to over arch the lower back. Continue sliding back in and out for the minute

Demo Video