



CLICK FOR TIMER

WEEK 3

EXERCISE 1



SIDE MAT LEAPS

- ▶ Place a mat on the ground and start in a small squat.
- ▶ Jump/leap sideways to the left, landing on your left foot and then bring the right foot together on the ground.
- ▶ Reverse direction jumping to the right with your right leg. Continue the side way leap/jump for the minute.

[Demo Video](#)

EXERCISE 2



LUNGE PULSE

- ▶ Hold a rolled up towel taut with both hands above your head.
- ▶ Step your left leg back and bend your knees to lower your body into a lunge until both knees are bent 90 degrees.
- ▶ With the pressure on the heel of the front right foot activate the glute muscles and slowly pulse up and down 15-20 times. There shouldn't be excessive pressure or strain on the back leg.
- ▶ Return to standing, change legs and repeat the lunge pulse on the left forward leg.

[Demo Video](#)

EXERCISE 3



PUSH UPS

- ▶ Come into plank position with your arms and legs straight, shoulders above the wrists.
- ▶ Hold your body up and keep your back straight by tightening your abdominal muscles.
- ▶ Lower your chest towards the ground by bending your elbows until your chest is just above the ground or you feel your chest muscles engaging.
- ▶ Press upwards from your chest and shoulders, straightening your arms as you return to the starting position. Repeat for the minute.
- ▶ **Modification:** Knee push ups.

[Demo Video](#)