



CLICK FOR TIMER

### WEEK 3 - CARDIO

#### EXERCISE 1



#### 1-2-3 SWITCH LUNGE

- ▶ Stand with your feet shoulder width apart, take your left foot back, bend both knees to 90/90. Lower your back knee slowly for a count of 3 activating the muscles of the right glute. There should be no pressure on the left back leg.
- ▶ Jump and switch leg position, repeat the slow decent on the left forward foot. Continue the 1-2-3 and switch leg for the minute.
- ▶ **Modification:** Omit the jump switch and step back instead.

Demo Video

#### EXERCISE 2



#### SQUAT TO HEEL RAISE

- ▶ Start with your feet shoulder width apart, the outside of your feet parallel, making sure your knees don't fall into each other. Hold a weight at your chest
- ▶ Working with the feet, raise the heels, activate the gluteal muscles hold the position then lower your heels and transfer your weight to your heels lowering into a shallow squat.
- ▶ Continue the heel raise and squat for the minute.

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 or wall push ups

Demo Video