



CLICK FOR TIMER

### WEEK 4 - CORE

#### EXERCISE 1



#### SQUAT BALL TOSS

- ▶ Start in a squat position holding the ball at your chest thighs parallel to the ground
- ▶ Push through the heels; explode up with the strength of your glutes throwing the ball overhead.
- ▶ Catch and fall with the ball back into the squat position. The chest should always be up and hands underneath the ball.
- ▶ Keep repeating the throwing and catching as quickly as possible for the minute.

[Demo Video](#)

#### EXERCISE 2



#### SQUAT & PULSE

- ▶ Stand with feet hip width apart holding dumbbells at shoulder level.
- ▶ Lower into a deep squat and hold the position, pulse for 3 counts.
- ▶ Return to standing and repeat squat and pulse for the minute.
- ▶ **Modification:** Omit the weights and only lower to a comfortable position with no impact on the knees.

[Demo Video](#)

#### EXERCISE 3



#### CHAIR POSE TOUCH

- ▶ Lower into a squat, chest up and both hands touching the ground on either side of your feet.
- ▶ Raise your hands towards the ceiling as far as they will go and come up slightly.
- ▶ Lower the hands and return to the start position. Repeat for the minute.
- ▶ **Modification:** Only squat to a comfortable position, with your chest up. Hands reaching in front on the way up

[Demo Video](#)