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WEEK 1 - STRENGTH

EXERCISE 1



CRISSCROSS SQUAT REACH

- ▶ Start standing with feet wider than hip-width apart, jump and crisscross your feet and drop down into a squat reaching both hands to the ground.
- ▶ Return to standing while reaching your right hand over head to the left. Return to start position crisscross feet opposite way and again drop into a squat then reach your left hand over to the right.
- ▶ Repeat changing reach hand after each squat.
- ▶ **Modification:** Omit the jump crisscross.

Demo Video

EXERCISE 2



BALL SINGLE LEG DEAD LIFT

- ▶ Stand with feet together holding a weighted ball in front of your chest.
- ▶ Hinge forward lifting right leg straight behind you and lowering the ball close to the floor. Keep your left knee slightly bent.
- ▶ Squeeze left glute and hamstring as you rise back up bring the ball back to your chest. Repeat on other leg.
- ▶ Continue alternating leg for the minute.
- ▶ **Modification:** omit the ball and use a wall for balance and do one side at a time repeating 8-10 times then change.

Demo Video

EXERCISE 3



HAMSTRING SLIDERS

- ▶ Using sliders (towel for floor boards or plastic/cardboard for carpet) Place both feet on top about hip width apart
- ▶ Start in the bridge position and slide your feet out. Keep your hips up off the ground and your glutes engaged as you slide out.
- ▶ Make sure your abdominal muscles are engaged as you slide out. Then curl the heels back in, bringing the hips up again into a glute bridge. Repeat for the minute.
- ▶ **Modification:** Omit the sliders and do glute bridges.

Demo Video