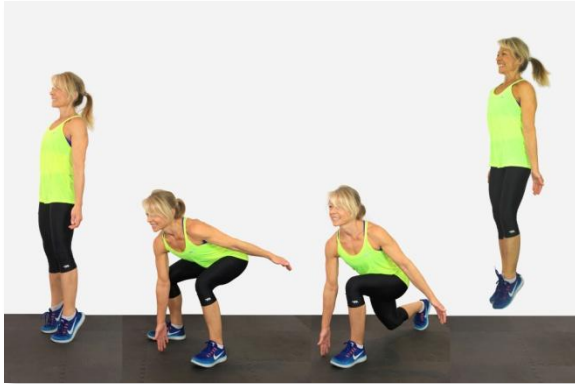




CLICK FOR TIMER

### WEEK-3-AGILITY

#### EXERCISE 1



#### HEEL CLICK DROP STEP

- ▶ Start with feet wider than shoulder width then jump up as high as you can and bring your feet together so they touch.
- ▶ Land quietly into a wide squat and touch the ground with your right hand then come up slightly and reverse lunge with your right leg. Right hand is still towards the ground.
- ▶ With the weight on your front left foot return to standing. Repeat alternating sides for the minute.
- ▶ **Modification:** Omit the jump, add a heel raise and do a higher squat and reverse lunge.

Demo Video

#### EXERCISE 2



#### LATERAL BOX STEPS

- ▶ Stand with your left foot on a low box (or step) and your right foot on the floor to the right of the box.
- ▶ Bend your knees slightly, keep your chest up, and bend your arms 90 degrees, keeping your elbows close to your body.
- ▶ Push off your left foot and jump to your left, landing with your right foot on the box and your left foot on the floor, knees bent.
- ▶ Push off your right foot to jump back to the starting position. Repeat for the minute.
- ▶ **Modification:** Omit the jump and/or the step.

Demo Video

#### EXERCISE 3



#### SIDE PLANK CLAMSHELLS

- ▶ Lie on your right side, knees bent, hips raised in a side plank position. Your core is braced and there is a straight line from your shoulder to knees, left hand on your hip.
- ▶ From this position, rotate your left knee toward the ceiling, keeping your feet together (like a clamshell). Lower your leg, keeping your hips raised. Repeat 8-10 times then change side.
- ▶ **Modification:** keep your upper body on the ground head supported, for a traditional clamshell exercise.

Demo Video