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### WEEK 4 - CARDIO

#### EXERCISE 1



#### FORWARD JUMP RUN BACK

- ▶ Start in a squat with arms low and slightly behind you, and take a large jump (or two) forward landing softly into a squat position.
- ▶ Run backward, taking five to eight small steps until you are back where you started.
- ▶ **Modification:** omit the jump and either leap forward or take large steps forward. Shuffle or run back.

Demo Video

#### EXERCISE 2



#### SIDE LUNGE FRONT RAISE

- ▶ Start with feet hip distance apart holding dumbbells in both hands at your side.
- ▶ Step out with left leg into a side lunge bringing the knee into a 90-degree angle but keeping the right leg straight. As you lower into the lunge, lift arms to shoulder height in a front raise. Keep the upper shoulders down.
- ▶ Step back to centre, slowly lowering arms, and repeat on the other side.
- ▶ **Modification:** Omit the dumbbells and make a fist with your hands.

Demo Video

#### EXERCISE 3



#### BUTTERFLY DIPS

- ▶ Sit with your hands behind you placed shoulder-distance apart, fingers forward. Bend your knees and place your heels together, then let your knees fall open into a butterfly position.
- ▶ Straighten your elbows and extend your arms, pressing your hips up while simultaneously pivoting your legs on your heels to squeeze your knees together. Lower to the start position. Continue for the minute.
- ▶ **Modification:** Traditional dip using a bench or chair.

Demo Video