



CLICK FOR TIMER

### WEEK 1

#### EXERCISE 1



#### STANDING HEEL TOUCH

- ▶ Start with your feet hip width apart. Then lift your heel forward and rotate your knee outward so the inside of your foot crosses in front of the standing leg.
- ▶ Reach down to tap the inside of your lifted foot with the opposite hand. Lower your foot to the ground and repeat on the opposite side.
- ▶ If you can pick up your pace and hop from side to side as you perform the exercise, be sure to keep your chest up and abdominal muscles engaged.
- ▶ Continue to alternate legs for the minute

Demo Video

#### EXERCISE 2



#### SIDE LUNGE CROSS

- ▶ Stand tall with your feet shoulder width apart and your arms stretched horizontally to the sides. Keep your back straight and your abs muscles engaged as you step out to the side with your right leg.
- ▶ Bend your right knee push your hips back and cross your arms at the front. Breathe out as you use your right leg to push back to the start.
- ▶ Repeat the movement with the left leg and keep alternating legs for the minute.
- ▶ **Modification:** Side tap lunge.

Demo Video

#### EXERCISE 3



#### KB RUSSIAN TWIST

- ▶ Hold a weight (KB=Kettle Bell) and sit on a mat, with knees bent, lean slightly back without rounding your spine. It is important (safe) to keep your back straight. You can keep your feet on the ground or lift them up for a greater challenge.
- ▶ Pull your navel to your spine and twist slowly to the left, bringing the KB to your left side. The movement is not large and comes from the ribs rotating, not from your arms swinging. Inhale through centre and rotate to the right. Continue alternating sides for the minute.
- ▶ **Modification:** Omit the weight.

Demo Video