



CLICK FOR TIMER

WEEK 2

EXERCISE 1



1-2-3-3 PENDULUM SWINGS

- ▶ Stand straight, keeping your arms close to your body for balance.
- ▶ Swing your legs one at a time out to the side of your body. Transferring your weight from one foot to the other.
- ▶ Once you have the rhythm count 1-2-3 and on the 3rd leg swing hop on the same leg.
- ▶ Continue for the minute ensuring the core muscles are engaged at all times
- ▶ **Modification:** Alternating side foot tap.

Demo Video

EXERCISE 2



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

EXERCISE 3



BRIDGE 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