



CLICK FOR TIMER

WEEK 3

EXERCISE 1



MUMMY KICKS

- ▶ Stand with the heel of your left foot slightly in front of the right foot. Extend your arms in front of your chest and cross the left arm above the right. Keep your chin up and core engaged.
- ▶ Jump, switching both feet and arms to land with the right heel in front of the left foot, right arm above left. Repeat at a fast but controlled pace.
- ▶ **Modification:** Omit the jump.

[Demo Video](#)

EXERCISE 2



REVERSE LUNGE PUNCH

- ▶ Stand straight with your feet hip-width apart either holding dumbbells or make a fist with your hands. Palms facing each other.
- ▶ Take a step back with your left leg, bend your knees and push/punch your left arm out, palm facing the ground.
- ▶ Return to start position, switch legs and repeat. Continue to alternate leg and punch for the minute.
- ▶ **Modification:** Omit the weight

[Demo Video](#)

EXERCISE 3



MOUNTAIN CLIMBERS

- ▶ Start in a plank position. Engage your abdominal muscles (abs) by visualising your belly button pulling towards your spine. Tighten your glute muscle and pull your shoulders away from your ears
- ▶ The pull your right knee into your chest and be sure your body doesn't sag or come out of its plank position.
- ▶ Quickly switch and pull the left knee in. Continue alternating knees to chest for the minute.
- ▶ **Modification:** Use a chair and slow down the exercise.

[Demo Video](#)