



CLICK FOR TIMER

WEEK 4

EXERCISE 1



AIR SQUATS

- ▶ Begin with your feet slightly wider than hip-width apart and toes pointed slightly outward.
- ▶ Keeping your weight in your heels, sit back into a deep squat as you raise your arms overhead.
- ▶ Return to standing while lowering your arms to your sides.
- ▶ Repeat for the minute.
- ▶ **Modification:** Squat to 90° and bring your arms to chest level.

Demo Video

EXERCISE 2



STEP DB PRESS

- ▶ Hold a pair of dumbbells in each hand or make a fist.
- ▶ Put your right foot on a step, engage your abdominal and buttocks, lean forward over your right leg.
- ▶ Bring the dumbbells to shoulder level, palms facing down, and press over head keeping the upper arms close to your ears.
- ▶ Return DB/fists to shoulder level. Repeat 10-15 times and then change leg.

Demo Video

EXERCISE 3



BEACH BABE PUSH UP

- ▶ Begin in a plank with your knees on the mat or on your toes. Extend your right leg straight behind you so it's parallel with the floor. Engage your abdominal muscles and keep your left heel in line with your hips by engaging your glutes.
- ▶ With your right leg extended, lower into a push-up, keeping your leg lifted. Then push up to start position, return right knee/ foot to the mat repeat push-up with left leg extended.
- ▶ Continue push up for the minute alternating extended leg.
- ▶ **Modification:** Regular push up.

Demo Video