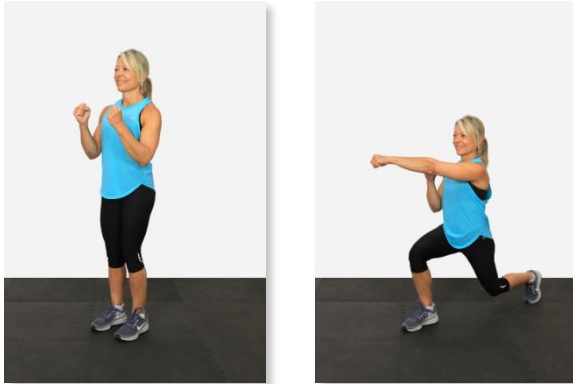




CLICK FOR TIMER

WEEK-1-BALANCE

EXERCISE 1

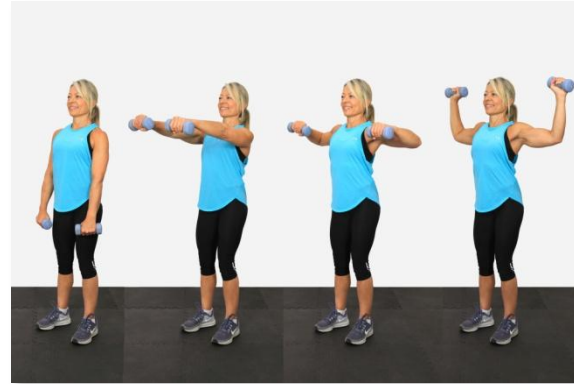


REVERSE LUNGE PUNCH

- ▶ Start with your feet hip width apart making a fist with your hands hold them to shoulder level.
- ▶ Descend into a reverse lunge moving your left leg behind you, maintaining a parallel hip width between your feet .
- ▶ Once balanced extend your left fist across your body to the right in a punch like motion.
- ▶ Return to starting position. Repeat for the right leg. Continue alternating leg for the minute.
- ▶ **Modification:** Omit the punch and/or use a wall for support.

Demo Video

EXERCISE 2



SHOULDER MOBILITY DRILLS

- ▶ Stand with your feet hip width apart and hold a dumbbell (DB) in each hand palm facing back.
- ▶ Engage the muscles of your side back keeping your shoulders down and away from your ears raise the DBs the chest level.
- ▶ Squeeze shoulder blades to bring the elbows back and the chest forward. Lock shoulders in position and rotate arm bringing the weight up to form goal post arms.
- ▶ Reverse the sequence and return to start . Repeat for the minute.
- ▶ **Modification:** Omit the weight

Demo Video

EXERCISE 3



HIP FLEXOR MOBILITY

- ▶ Kneel on a mat with your left knee and place your right foot flat on the ground, the knee is above the ankle.
- ▶ With hands over head squeeze your buttocks to activate a posterior tilt in the hips. Hold for a few seconds
- ▶ Then tighten your abdominal muscles, lower your arms, reaching as far towards your right foot as possible , while straighten the right knee for a hamstring stretch. Hold for a few seconds and repeat 2-3 times.
- ▶ Repeat on the other leg.

Demo Video