



WEEK-3-CARDIO

EXERCISE 1



LATERAL BUNNY HOP

- ▶ Given this is a high impact exercise. Please warm your body using the modification first. Proceed with caution and body awareness.
- ▶ Lower into a squat position, engage the core muscles. Jump as far left and then right as possible. Keep the feet touch down time short and soft. Use your arms to help propel you from side to side.
- ▶ Continue for the minute, taking regular breaks for recovery if necessary.
- ▶ **Modification:** Side steps right then left.

EXERCISE 2



PLIE SQUAT HEEL RAISE

- ▶ Start in a wide sumo position, toes turned out. Hold a weight at your chest
- ▶ Brace your abdominal muscles, lower into a sumo squat, thighs parallel with the floor, knees over ankles. Activating your inner thigh and glute muscles to hold the position.
- ▶ Raise your left heel off the floor, then your right heel, then both heels together. Continue with the sequence for the minute.
- ▶ **Modification:** Omit the weight and only lower to a comfortable position.

EXERCISE 3



PUSH UPS

- ▶ Come into plank position with your arms and legs straight, shoulders over your wrists.
- ▶ Hold your body up and keep your back straight by tightening your abdominal muscles.
- ▶ Lower your chest towards the ground by bending your elbows until your chest is just above the ground with your chest muscles engaging.
- ▶ Press upwards from your chest and shoulders, straightening your arms as you return to the starting position. Repeat for the minute.
- ▶ **Modification:** Knee push ups or push ups against the wall.

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