



## WEEK-4-CORE

### EXERCISE 1



#### BURPEE/MODIFIED

- ▶ Start with your feet wider than hip apart.
- ▶ Reach for the ground with hands in between your feet. Use your legs to squat down.
- ▶ Jump back into a stiff high plank position, jump back with a hip thrust like motion bring the feet back to the outside of your hands.
- ▶ Leading with the chest, spine in neutral position push through the heels come back to standing.
- ▶ **Modification:** Omit the jump back and step your legs back. Use a chair or step for elevation.

### EXERCISE 2



#### SQUAT OVERHEAD PRESS

- ▶ Stand with your feet slightly wider than hip-distance apart, hold a weight at your chest.
- ▶ Lower into a squat by bending your knees as if you were sitting in a chair, keeping weight on your heels.
- ▶ Brace your abdominal muscles and press the dumbbell overhead. Return to the start position.
- ▶ Repeat for the minute.
- ▶ **Modification:** Omit the weight.

### EXERCISE 3



#### RUSSIAN TWIST

- ▶ Start by sitting on a mat holding a weight. Knees bent, lean slightly back without rounding the spine. It is important (safe) to keep your back straight. Feet on the ground or lift them up for a greater challenge.
- ▶ Pull your navel to your spine and twist slowly to the left, bringing the weight to your left side. The movement is not large and comes from the ribs rotating, not from your arms swinging. Inhale through to centre and rotate to the right.
- ▶ Continue alternating sides for the minute.
- ▶ **Modification:** Omit the weight. Use a chair.

Press to play this week's workout video