



WEEK- 5-Strength

EXERCISE 1



HOP SCOTCH

- ▶ Start in a squat position holding a weight at your chest (optional).
- ▶ Push your hips forward and hop up onto your right foot, bringing the left foot behind you.
- ▶ Return to the squat with both feet on the ground and repeat the hop onto the left foot.
- ▶ Continue the hop scotch movement for the minute.
- ▶ **Modification.** Omit the hop and move from the squat to a one leg stand, while bringing with opposite foot behind you.

EXERCISE 2



TOWEL ZERCHER SQUATS

- ▶ Roll up a towel and place it in the bend of your elbows. Make a fist with your hands and bring them up to shoulder level, pressing into the towel between your forearm and biceps.
- ▶ Stand tall, with feet shoulder width. Keep your chest up, reach your hips back, and lower your buttocks down into a squat. The tops of your thighs can be parallel with the ground.
- ▶ Drive into your heels to push back upwards and return to standing. Repeat for the minute
- ▶ **Modification:** Omit the towel.

EXERCISE 3



UP-DOWN PLANK

- ▶ Get into a plank position with your arms folded in front of your chest and legs straight.
- ▶ Begin with the left side and place your hand near your right finger tips on the left. Pressing through the palm of the left hand to lift the left side up and then press your right palm into the ground coming up to a high plank.
- ▶ Go back to the starting position, pause, and repeat starting with your left arm. Continue for the minute.
- ▶ **Modification:** Omit the up and down movement or do the exercise against the wall.

Press to play this week's workout video