



T2-WEEK-6-Balance

EXERCISE 1



KNEE DRIVE

- ▶ Begin with your weight on your right foot and your hands together in front of you for balance.
- ▶ Bend your right knee and extend your left leg behind you, placing little or no weight on that foot.
- ▶ Drive your left knee toward your chest, bringing your hands to meet your knee. Repeat for 20-25 times and change driving leg.
- ▶ **Modification:** Omit the arm drive. March on the spot.

EXERCISE 2



BOX SQUAT RAISERS

- ▶ Stand in front of a chair or box with your feet hip width apart holding dumbbells at your side.
- ▶ Lower your buttocks behind you and touch the chair. Simultaneously raise the dumbbells to chest level.
- ▶ Pause and return to standing, bringing the weights back to your side.
- ▶ Repeat for the minute.
- ▶ **Modification:** Omit the weights and make a fist with your hands.

EXERCISE 3



SPLIT STANCE BRIDGE

- ▶ Lie on your back, arms straight above your chest. Bend your knees, heels on the ground close to your buttocks. Take the right foot forward, heel in line with the toes of the left foot.
- ▶ Pull in through your navel to brace your core muscles and engage the glutes to press your hips up without arching the lower back.
- ▶ Lower hips to the ground. Repeat 10-15 times. Change the foot split stance and continue.
- ▶ **Modification:** Use a chair, stagger your feet and do a sit to stand exercise.

Press to play this week's workout video