



T2-WEEK- 10-Strength

EXERCISE 1



GATE SWING CROSS

- ▶ Start with your feet in a wide, stance with your toes pointed slightly outward. Lower into a squat, using your hands to help push your knees wide apart to deepen the inner-thigh stretch.
- ▶ Jump up bring your right leg in front of your left, landing in a standing cross-legged stance. Immediately jump your legs back out to a wide squat with your hands at your knees. Repeat changing the cross left over right. Continue for the minute.
- ▶ **Modification:** Omit the jump and step your feet together heel raise then step feet out to start.

EXERCISE 2



TOWEL LUNGE PULSE

- ▶ Roll up a towel long width holding it at a comfortable distance, apart to bring it above your head safely.
- ▶ Step your right leg back, lower into a lunge. Keep the forward knee behind the toe. With weight focus on the forward foot, pulse the right knee towards the ground 3 times, return to standing.
- ▶ Repeat taking the left leg back. Continue alternating legs and pulsing for 3 counts, for the minute.
- ▶ **Modification:** Omit the towel, hands on hips or use a chair for support.

EXERCISE 3



SIDE PLANK CLAMS

- ▶ Lie on your right side with knees slightly bent and your elbow underneath your shoulder.
- ▶ Press into your bottom forearm to lift the hips as high as possible, keeping your abdominal muscles engaged.
- ▶ Raise your top knee to open the thighs like butterfly wings, then slowly lower the knee. Repeat 5-8 times then change sides.
- ▶ **Modification:** Omit the side plank or use a chair for support. Take the knee to hip level then out to the side return to centre and back to the ground. Repeat 5-8 times, turn and change leg.

Press to play this week's workout video