



T2-WEEK-7-Agility

EXERCISE 1



SQUAT KICK BACK

- ▶ Stand with your feet shoulder width and begin the squat; lowering your hips deeply (or to where you can) so your thighs are parallel with the floor. Be sure to keep your weight back in your heels.
- ▶ Then rise back up, straightening the legs completely, and lift the left leg behind using your gluteal muscles for a back kick. Be mindful not to hyperextend with your lower back
- ▶ Return to start and repeat for the right leg kick.
- ▶ Continue alternating leg with a squat in between for the minute.

EXERCISE 2



SIDE LUNGE & PRESS

- ▶ Using a pair dumbbells (DB) or make a fist with your hands, stand with your feet hip-width apart, Press DBs over head, or bring them to shoulder height.
- ▶ Step to your left side and lower into a lunge as you lower the left DB to your left shoulder or if the DBs are at shoulder level press the right DB overhead.
- ▶ Push off your left heel to reverse the movement and return to the starting position.
- ▶ Perform the same movement on the right side. Continue alternating side for the minute.
- ▶ **Modification:** Omit the weight and side step instead.

EXERCISE 3



V-CRUNCH CHOP

- ▶ Lie on your back with arms over head on the mat hold dumbbells (DB) or interlace your hand. Straighten your legs in an upward position, perpendicular to the mat.
- ▶ Exhale as you crunch upwards, raising your shoulders and head off the mat and opening your legs into a 'V' shape. 'Chop' your arms between your legs, with DB in hands or fists and momentarily hold the position. Return fully to the start position. Repeat for the minute
- ▶ **Modification:** Standing squat with arm chop with or without weight.

Press to play this week's workout video