



### T2-WEEK-8-Core

#### EXERCISE 1



#### TRICEPS EXTENSION JUMPS

- ▶ Start with feet hip width apart and dumbbells (DB) at your hips.
- ▶ Bend at the hips while keeping your back completely flat. Push the DB back and behind you three times.
- ▶ Lower the DB, lift your chest and jump vertically up. Go back to start and repeat for the minute.
- ▶ **Modification:** Omit the DB and the jump and do a heel raise instead.

#### EXERCISE 2



#### BICEPS CURL LUNGE

- ▶ Hold dumbbells (DB) at your sides with your feet hip-width apart.
- ▶ Step back with your left foot, and bend both knees to lower until your right knee is bent at least 90°.
- ▶ At the same time curl the dumbbells to your chest. Reverse the movement to the start position.
- ▶ Continue for the minute.
- ▶ **Modification:** Omit the DB

#### EXERCISE 3



#### CROSSED LEG BRIDGE

- ▶ Lie on your back with your knees bent and feet flat on the ground. Then cross one ankle over the other knee and let your knee fall open.
- ▶ Driving through the grounded heel, lift the hips up. Engage the buttocks muscles and let the knee fall open. Careful not to over arch with the lower back. Hold for a second, lower the hips. Repeat for 10- 15 and change leg.
- ▶ **Modification:** use a chair and either do a one legged squat or sit on the chair and do a glute stretch.

Press to play this week's workout video