



T2-WEEK-9-Core

EXERCISE 1



SPEED SKATER

- ▶ Start in a small squat. Jump sideways to the left, landing on your left leg. Bring your right leg behind to your left leg, and reach out with your right hand across your body to the left.
- ▶ Reverse direction by jumping to the right with your right leg. Left leg behind the right leg, left hand across the body to the right. Continue alternating side leaps for the minute.
- ▶ **Modification:** Omit the jump and do side steps

EXERCISE 2



SPRINTER LUNGE

- ▶ Stand with feet shoulder width, hands by your side, step your right leg back and lower your hands to either side of your left foot.
- ▶ Pressing through your left foot and leading with your chest come back to standing and hop onto your right leg and step back with your left leg.
- ▶ Continue alternating leg and touch down for the minute.
- ▶ **Modification:** Omit the hop on the change and reach towards your knee or where comfortable for you.

EXERCISE 3



PLANK KNEE RAISE

- ▶ Start in a high plank position. Bring your left knee to your left arm and slide the knee up your arm, slide it back down and return to plank position.
- ▶ Repeat with the right knee. Continue alternating knee to arm slide plank for the minute.
- ▶ **Modification:** use a chair against the wall and start in plank position. Bring the knee towards the same arm and return to plank pause and repeat for the other knee.

Press to play this week's workout video