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T2-WEEK-1-Balance

EXERCISE 1



SINGLE LEG PUNCH

- ▶ Start by standing on one leg holding dumbbells at shoulder level or make a fist with your hands.
- ▶ Hold a stable position, by engaging your core and buttocks muscles. In a punch like action across your body extend one hand and return to start position. Repeat with the other hand.
- ▶ Continue alternating cross body punches for the minute changing standing leg after 10-15 punches.
- ▶ **Modification:** Stand with feet hip width apart and continue with the cross body punches.

EXERCISE 2



LOW SQUAT ½ RAISE HOLD

- ▶ Start with feet hip width apart holding dumbbells at your chest or make a fist with your hands.
- ▶ Lower into a comfortable but low squat. Then come up about ½ way and hold for a few seconds, lower back into your low squat.
- ▶ Continue the low squat raise for the minute.
- ▶ **Modification:** Lower into a half squat pause for a few seconds and return to a standing position. Continue for the minute.

EXERCISE 3



BIRD-DOG

- ▶ Begin on all fours with your hands directly under your shoulders and your knees directly under your hips.
- ▶ Pull your abdominal muscles in to your spine. Keeping your back and pelvis still and stable, reach your right arm forward and left leg back, toes pointing to the ground.
- ▶ Return to the starting position, and repeat on the other side. Continue for the minute.
- ▶ **Modification:** Stand and raise your right knee and left hand and hold. Lower the leg and arm, repeat for the other side and continue alternating.

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