



T2-WEEK-2-Agility

EXERCISE 1



MODIFIED JACKS/SKIPPING

- ▶ Stand with your arms at your side and feet hip width apart (Starting Position)
- ▶ Take your hands overhead or wherever comfortable for you, and your left foot out to the left side.
- ▶ Return to start position and repeat with the right foot. Continue alternating foot out and hands overhead for the minute.
- ▶ **Progression:** Jumping jacks or skip using a rope if available. Ensure jumps or skips land soft by engaging the abdominal muscles.

EXERCISE 2



LUNGE ROTATION

- ▶ Stand with your feet hip-width apart and your arms straight out in front.
- ▶ Step your left foot back into a reverse lunge and lower your body until both of your legs form 90-degree angles at the knee. Rotate your torso to the right over your forward leg holding hips level.
- ▶ Turn back to centre, bring your left foot forward and return to start position.
- ▶ Repeat for right leg and continue alternating leg reverse lunge and rotation for the minute.
- ▶ **Modification:** Omit the rotation.

EXERCISE 3



WALK-OUT PLANK

- ▶ Start by standing tall reach your hands to the ground just in front of you.
- ▶ Walk your hands forward until you are in one long line in a plank position. Pause for a few seconds in plank.
- ▶ Then walk your hands back to your feet. While gently exhaling return to standing. Repeat for the minute.
- ▶ **Modification:** Using a chair against the wall, step your feet out one at a time then step them back return to standing. Repeat for the minute.

Press to play this week's workout video