



T3-WEEK-3-Strength

EXERCISE 1



POP SQUAT TOUCH

- ▶ Start with your feet shoulder-width apart, push your hips back and lower into a squat position. One hand touching the ground.
- ▶ Pop up from the squat and straighten your torso with a small jump. Land on the balls of your feet to avoid strain on the ankles and heel. Return to the squat position touching the ground with the opposite hand.
- ▶ Repeat the pop jump changing touchdown hand each time.
- ▶ **Modification:** Omit the jump, add a heel raise.

EXERCISE 2



REVERSE SIDE LUNGE

- ▶ Start with feet shoulder-width and hands clasped at your chest. Step back with your right foot and lower your knee into a reverse lunge. Press through the heel of the left foot return to start.
- ▶ Immediately, step out with your right foot. Engage through the right heel as you drop your hips down and back keep the left leg straight. Right knee tracks over your right foot. Push the right heel into the floor to push yourself back to start.
- ▶ Repeat, reverse and side lunge 4 times change leg.
- ▶ **Modification:** Do either a reverse lunge or side lunge

EXERCISE 3



ANKLE REACH/WALL PUSH-UP

- ▶ Start in full plank position. Push your backside up, raising the hips to form a triangle or pyramid as you reach your left arm back to touch the shin or toe of the right foot.
- ▶ Come back to full plank and repeat with the right arm reaching back.
- ▶ Continue plank and alternating hand toe taps for the minute.
- ▶ **Modification:** Wall push ups.

Press to play this week's workout video