



T3-WEEK-4-Core

EXERCISE 1



BURPEE/MODIFICATION

- ▶ Start with your feet wider than hip apart.
- ▶ Reach for the ground with hands in between your feet. Use your legs to squat down.
- ▶ Jump back into a stiff high plank position, jump back with a hip thrust like motion bring the feet back to the outside of your hands.
- ▶ Leading with the chest, spine in neutral position push through the heels come back to standing.
- ▶ **Modification:** Omit the jump back and step your legs back. Use a chair or step for elevation

EXERCISE 2



SIDE LUNGE CURL

- ▶ Start with feet in sumo stance, holding a weight in your right hand. Right side lunge and curl the weight to your chest twice.
- ▶ Pass the weight to your left hand and side lunge to the left, double left arm bicep curl.
- ▶ Continue alternating side lunge and bicep curls for the minute.
- ▶ **Modification:** Stand or sit, using a dumbbell in each hand do alternating dumbbell curls for the minute.

EXERCISE 3



PLANK/WALL SLIDES

- ▶ Start in a forearm plank position your feet on towels or sliders. Elbows should be under your shoulders and your feet should be together.
- ▶ Make a body line straight from your head to your heels. Do not let your hips sag. Slowly press your arms forward into the ground and slide your feet away from your arms. Then, using your lats and core, muscles pull your feet back in to the plank position. Repeat for the minute.
- ▶ **Modification:** Omit the slider or slide your forearms up the wall while keeping your shoulders away from your ears.

Press to play this week's workout video