



T3-WEEK-5-Cardio

EXERCISE 1



ALT PUSH HOPS

- ▶ Start with feet hip width apart; make a fist with your hands and bring them to shoulder level.
- ▶ Quickly hop to the left and push your right fist out in a punch, return to centre. Then immediately hop to the right and push your left fist out return to centre.
- ▶ Continue alternating sides for the minute.
- ▶ **Modification:** Omit the hop and step out to either side instead.

EXERCISE 2



SINGLE LEG CHAIR SQUATS

- ▶ Start sitting on a chair both one foot off the ground. Raise your hips from the chair using only one leg, while attempting to keep the other leg straight, and off the floor.
- ▶ Finish by standing all the way up, keeping your other leg straight and up. Pause when standing, sit back down, and repeat.
- ▶ **Modification:** Rest one foot on the ground in front of the other or have both feet on the ground.

EXERCISE 3



SIDE PLANK ARM RAISE

- ▶ Start in a side plank on your left side; hold a weight in your right hand with your right arm parallel to the floor in front. Bring the weight to your side and hold.
- ▶ Bring the weight to the ceiling and then back to the side. Then back to start position. Repeat 2- 4 more times and switch sides.
- ▶ **Modification:** In a standing position lower the weight to the curling over the left. Engage the abdominal muscles and pull yourself back to standing repeat 4- 5 times change sides.