



T3-WEEK-10-Cardio

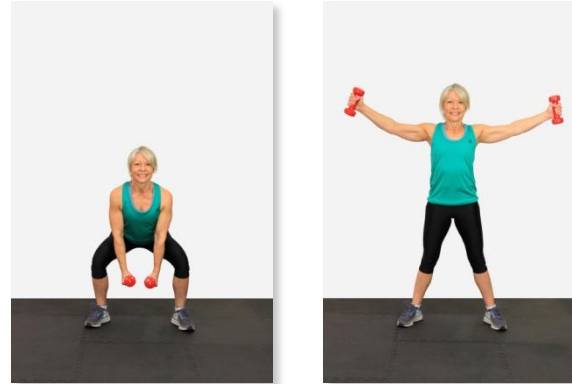
EXERCISE 1



180° SQUAT TURNS

- ▶ Start feet hip width, brace your abdominal muscles push your hips back and lower into a squat position.
- ▶ Launch yourself up while simultaneously turning to the other side. Your body will perform a 180 degree turn in midair.
- ▶ Land with bent knees and immediately go right into another jump squat, turning to the starting position. Repeat this alternating pattern.
- ▶ **Modification:** Omit the jump, turn and squat instead or jump only 90°.

EXERCISE 2



SQUAT WITH DUMBBELL FLY

- ▶ Start with feet wider than hip width apart holding dumbbells or make a fist with your hands.
- ▶ Lower into a comfortable squat. Then come up and fly your arms out to the side while engaging your back muscles to pull your shoulder blades together and pause. Then release back down into the squat.
- ▶ Continue the squat raise for the minute.
- ▶ **Modification:** Sit in a chair holding dumbbells or make a fist. Hands are at your side. Fly your hands out to the side while engaging your back muscles pause and release.

EXERCISE 3



WINDSHIELD WIPERS

- ▶ Lie on a mat, extend your arms out at shoulder level, palms pressed firmly to the floor.
- ▶ Raise your feet off the floor by bending your hips and knees to 90 degree angles. Exhale and rotate both your thighs to one side until the outer thigh touches the ground head turns away from your legs.
- ▶ Brace the abdominal muscles rotate to the other side. Repeat rotation gently for the minute.
- ▶ **Modification:** Keep your feet on the ground. Or sit in a chair, hands in front, inhale and take your hands to the right, exhale back to the middle then inhale and rotate to the other side.

Press to play this week's workout video