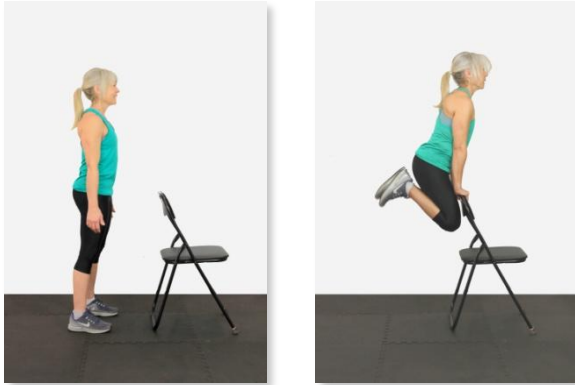




### T3-WEEK-7-Agility

#### EXERCISE 1



#### DOUBLE HOP KICK

- ▶ Use a chair against the wall for this exercise, while facing the back of the chair bounce on the spot twice.
- ▶ Grab hold of the back of the chair press down with your hands and jump to bring your heels to your back side. Repeat the double bounce jump for the minute.
- ▶ **Modification:** Omit the double bounce and replace with heel raises. Or keep the double bounce and just bring up one heel to the backside.

#### EXERCISE 2



#### SQUAT SIDE ROCK PRESS

- ▶ Start with feet wide apart holding dumbbells (DB) overhead or make a fist with your hands.
- ▶ Lower into a squat, then shift your backside to the right, staying low, keeping your weight in your heels rock your backside to the left, then rock back to the middle. Press the DB over head to start position.
- ▶ Continue squat side rock press, starting with the left side first, then alternate start side for the minute.
- ▶ **Modification:** Lower into a half squat, omit the rock.

#### EXERCISE 3



#### SIDE BEND HEEL TOUCH

- ▶ Begin lying on your back with knees bent and heels close to your buttocks.
- ▶ Engage your core muscles and reach your left hand to your left ankle and then your right hand to your right ankle. The movement should be smooth and not strain your neck. Use the opposite hand to support your neck if necessary.
- ▶ Continue alternating side reach for the minute.
- ▶ **Modification:** Using a chair, gently slide your hand down your left side as far as you can. Pressing through your left heel return to start. Alternate side reach for the minute.

Press to play this week's workout video