



T3-WEEK-8-Strength

EXERCISE 1



SQUAT SIDE KICK

- ▶ Start by hold a dumbbell at your chest, lower into a squat position. Return to standing and kick right leg out to the right side.
- ▶ Return to the squat position and repeat by kicking the left leg out to the left.
- ▶ Continue alternating leg kick for the minute.
- ▶ **Modification:** Omit the dumbbell and/or the side kick.

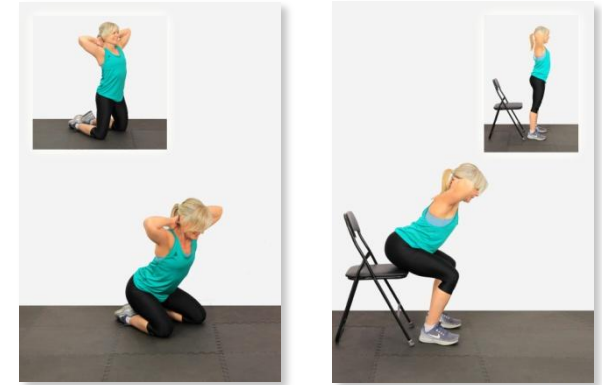
EXERCISE 2



ROTATIONAL PRESS

- ▶ Start with feet hip width apart holding dumbbells at shoulder level.
- ▶ Brace your abdominal muscles and turn to the left and press the left hand up. Return to start position. Repeat for a right side press
- ▶ Continue alternating side press for the minute.
- ▶ **Modification:** Omit the dumbbells and/or rotation.

EXERCISE 3



HIP EXTENSION

- ▶ Begin kneeling on a mat with your hands at the base of your head. Bracing the abdominal muscles push your hips back until your buttock touches your heels.
- ▶ Engage your glutes and push your hips forward return to the start position.
- ▶ Continue hip extension for the minute.
- ▶ **Modification:** Using a chair push your hips back until you touch the chair and return to standing. Repeat for the minute.

Press to play this week's workout video