



T3-WEEK-9 -Core

EXERCISE 1



SHUFFLE UP JUMP/RAISE

- ▶ Start in a squat position with hands at shoulder level.
- ▶ Take two steps to the right, lead with the heels to engage your gluteal muscles. Being careful not to drag through the knees.
- ▶ Do a star jump and then take two steps to the left and star jump. Continue two step walk and jump for the minute.
- ▶ **Modification:** Replace the jump with a heel raise and reach just come back to standing.

EXERCISE 2



SQUAT CURL & PRESS

- ▶ Hold dumbbell by your sides with your feet shoulder-width apart. Push your hips back and lower into a squat.
- ▶ Press through your feet and engage your abdominal muscles, as you stand up, curl the dumbbells to shoulder height and then press them straight overhead using your legs.
- ▶ Return to start and continue squat curl press for the minute.
- ▶ **Modification:** Omit the DB and do a squat and reach instead.

EXERCISE 3



LEG RAISE PASS

- ▶ Begin by sitting on the ground, lean slightly back until your abdominal muscles engage.
- ▶ Using a ball or a weight, lift your right leg towards you and pass the weight underneath the leg. Then in a figure 8 motion pass the weight underneath the left leg.
- ▶ Continue alternating leg raise pass through for the minute, being careful not to round the back.
- ▶ **Modification:** Use a chair and/or omit the weight, raise the leg and tap your hands together underneath the leg. Continue alternating leg and tap for the minute.

Press to play this week's workout video