



T4-WEEK-1-Agility

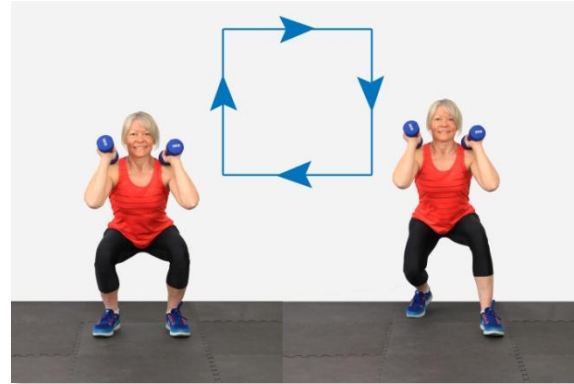
EXERCISE 1



SKIPPING/MODIFIED JACKS

- ▶ Stand with your arms at your side and feet hip width apart (Starting Position)
- ▶ Take your hands overhead or wherever comfortable for you, and your left foot out to the left side.
- ▶ Return to start position and repeat with the right foot. Continue alternating foot out and hands overhead for the minute.
- ▶ **Progression:** Jumping jacks or skip using a rope if available. Ensure jumps or skips land soft by engaging the abdominal muscles.

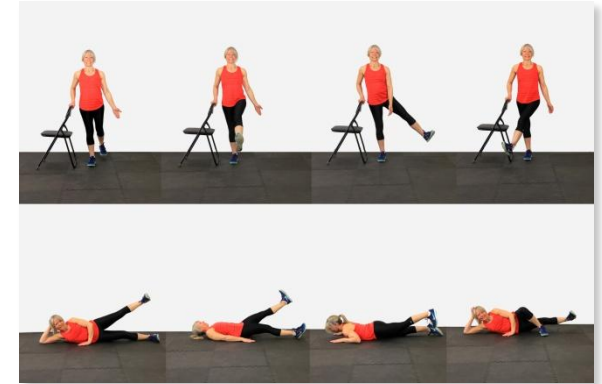
EXERCISE 2



SQUARE WALK

- ▶ Start holding weights at shoulder level. Lower into a comfortable but still challenging squat.
- ▶ Take 2 steps forward, then 2 steps to the side, then 2 steps backwards, then 2 step to the side and back to start position.
- ▶ Reverse the direction and repeat the square walk. Continue for the minute.
- ▶ **Modification:** Omit the weights.

EXERCISE 3



QUAD SEQUENCE or LEG SWINGS

- ▶ Start lying on your right side, legs stacked onto of each other. Brace your abdominal muscles and raise your left leg 3 times. Turn onto your back. Raise your left leg 3 times. Turn on your left side place your right leg over and in front of your left leg and raise the left leg 3 times. Turn onto your front and raise your left leg 3 times. Repeat the sequence for the right leg.
- ▶ **Modification:** Leg Swings: holding onto the back of a chair swing your outer leg back and forward without bending the knee. Then swing the same leg out to the side and across the front. Repeat for other leg.

Press to play this week's workout video