



### T4-WEEK-4- Strength

#### EXERCISE 1



#### DB SQUAT JUMP

- ▶ Stand with your feet shoulder-width apart, holding the dumbbells at your sides.
- ▶ Lower your torso as far as you can, pushing your hips back and bending your knees.
- ▶ Pause, and then straighten your legs and explosively jump up. Land as softly as possible.
- ▶ **Modification:** Omit the jump and add heel raisers for the jump.

#### EXERCISE 2



#### ¼ SQUAT PAUSE

- ▶ Stand tall with your feet hip distance apart holding weight at shoulder level. Your hips, knees, and toes should all be facing forward.
- ▶ Start the movement by pushing your buttocks backward as if you are going to sit back into a chair. Keep your knees behind your toes and your weight in your heels.
- ▶ Lower your buttocks to a quarter of your normal squat depth, pause. Then very slowly return to start position. Repeat for the minute.
- ▶ **Modification:** Omit the weights and or use a chair for a sit to stand.

#### EXERCISE 3



#### NEGATIVE PUSH UP

- ▶ Start in a high plank position and slowly lower your body towards the mat as far as possible. Drop your knees to the mat and pause.
- ▶ Press through the heel of your hand and push up to return to the starting plank position.
- ▶ Continue with the negative push up for the minute.
- ▶ **Modification:** Start on your knee or wall and slowly move your body towards the mat or wall. Engage the heel of your hand and push away with an exhale.