



T4-WEEK-5-Cardio

EXERCISE 1



PLYOMETRIC CHOP

- ▶ Start with a dumbbell (DB) over your right shoulder, and standing on your right foot.
- ▶ Slice the DB diagonally across your body to the left side while transferring your body weight to your left foot.
- ▶ Return the weight over to your right shoulder and transfer your body weight back onto your right foot. Repeat this action 8-10 times then change to the left shoulder lead.
- ▶ **Modification:** Omit the DB and clasp your hands, keep both feet on the ground.

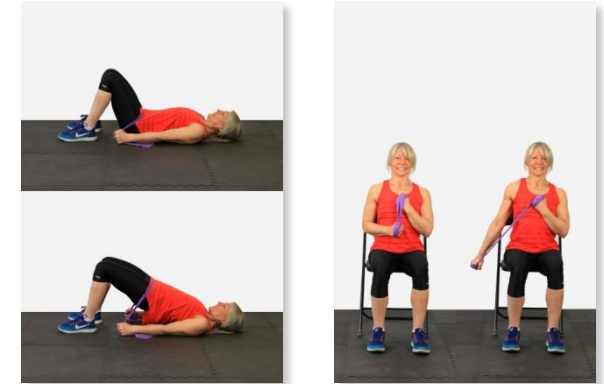
EXERCISE 2



SLIDE SIDE LUNGE

- ▶ Stand with your right foot on a slider (plastic lid for carpet/soft cloth for floorboards).
- ▶ Clasp your hands at your chest. Put weight into your left leg, slowly bend your left knee and squat down, slide your right foot out to the side.
- ▶ Then as you slowly straighten your leg, slide the right foot back in. Your weight remains in the leg that's not moving. Repeat 8- 10 time and change leg.
- ▶ **Modification:** Omit the slide and tap to each side instead.

EXERCISE 3



TRICEPS BRIDGE or BAND TRICEPS

- ▶ Lie on your back with your knees bent. Hold a band over your pelvis with fists on either side of your hips.
- ▶ Tighten your abdominal muscles and drive your fists into the ground while raising your hips off the ground.
- ▶ Pause and return to the starting position, repeat for the minute.
- ▶ **Modification:** Hold a band at your chest making two fists. Then extend lower fist out to the side return to start repeat 8-10 then reverse fist position and repeat.

Press to play this week's workout video