



T4-WEEK-6-Agility

EXERCISE 1



CLOCK WORK LUNGES

- ▶ Start with feet hip with apart. Take your right foot back and into a reverse lunge.
- ▶ Then take your right foot to the side and descend into a side lunge.
- ▶ Immediately take your right foot forward for a forward lunge and return to starting position.
- ▶ Repeat the sequence on the left foot
- ▶ **Modification:** Alternating reverse lunges

EXERCISE 2



BICEPS LEG PRESS

- ▶ Start sitting on the ground with both feet extended. Hold a light towel or yoga strap looped on your right foot.
- ▶ Then while pressing the foot away from you, curl your arms towards your shoulders in a biceps curl motion. Pause and feel the resistance in your biceps.
- ▶ Holding onto the resistance extend the foot back to start position. Repeat 6-7 times then change leg.
- ▶ **Modification:** sit on a chair for the exercise or omit the towel and use dumbbells for biceps curls

EXERCISE 3



ROCKING HORSE PUSH UP

- ▶ Start in a low squat position hands in front.
- ▶ Then "fall" towards the ground catching yourself softly with your hands, then either push or walk your hands until your are back onto your feet. Repeat for the minute.
- ▶ The key to the exercise is to be able to get back onto the heels of your feet.
- ▶ **Modification:** Push off a wall in a dynamic motion or replace with normal push up