



T4-WEEK-7- Balance

EXERCISE 1



AIR SQUATS

- ▶ Begin with your feet slightly wider than hip-width apart and toes pointed slightly outward.
- ▶ Keeping your weight in your heels, sit back into your deep squat as you raise your arms overhead.
- ▶ Return to standing while lowering your arms to your sides.
- ▶ Continue for the minute at a speed that challenges you.

EXERCISE 2



SL DEAD LIFT TO OVERHEAD PRESS

- ▶ Start with your feet hip width apart, holding dumbbells (DB) in each hand at your side.
- ▶ Slowly lower the DB towards the ground and extend your right leg behind you.
- ▶ Brace your abdominal muscles and drive your right knee forward and lift the DB to your shoulders.
- ▶ Extend the right leg forward and press the DB overhead. Repeat 4-5 times and change leg.
- ▶ **Modification:** Use the wall for support and do the exercise with one DB. Then swap sides.

EXERCISE 3



SIDE CLAM LEG EXTENSION

- ▶ Start in an elbow side plank on your knees. Feet and knees stacked. Keeping the feet in contact open out the knees in a clam movement pattern.
- ▶ Holding the open clam position, extend the foot up and out without the hips dipping down.
- ▶ Bend the knee and return the foot to start position and then knees.
- ▶ Repeat 3-4 times and change leg.
- ▶ **Modification:** Using a chair as support lift the left knee up to hip level then out to the left side keeping the hips facing forward. Return to start.

Press to play this week's workout video