



T4-WEEK-8- Core

EXERCISE 1



SQUAT PUNCH JUMP

- ▶ Start with feet wider than hip with apart; holding Dumbbells (DB) forward and centre of your hips. Lower into a sumo squat.
- ▶ Box the right weight over to the left and then box left weight over to the right. Return weights to start position.
- ▶ Brace your abdominal muscles and jump landing softly back into the sumo squat. Continue right, left punch and jump for the minute.
- ▶ **Modification:** Omit the jump and do heel raise. Omit the weights and make a fist with your hands.

EXERCISE 2



FIGURE 8 PRESS

- ▶ Start with your feet hip width apart, holding a dumbbell (DB) extend your hands out in front and to the right.
- ▶ In a figure 8 pattern turn the DB as if you were turning it with your abdominal muscles. Once completed twice, bring the DB to the chest and press out twice.
- ▶ Continue the figure 8 and press twice for the minute.
- ▶ **Modification:** Omit the press and or B

EXERCISE 3



DIAMOND PUSH UP

- ▶ Start in plank position, hands together in a diamond/triangle shape directly under your sternum.
- ▶ Keeping your elbows tucked (don't let them flare), lower your torso until your chest lightly touches the backs of your hands. (Or as far as you can go without losing proper form.)
- ▶ Pause, and then push yourself back up to the starting position. Repeat for the minute..
- ▶ **Modification:** Push up against the wall and progress to push up on your knees.