



CHALLENGE-WEEK-1

EXERCISE 1



SIDE TAP JUMPS

- ▶ Start with feet hip width apart and lower into a squat position, hands in front.
- ▶ Tap your right foot out to the right and bring it back, then tap your left foot out to the left and back, then thrusting your hands down and propel yourself up into a jump.
- ▶ Repeat alternating side taps and jump for the for the minute.
- ▶ **Modification:** Omit the jump and do a heel raise instead

EXERCISE 2



CROSS OVER STEP TOUCH

- ▶ Stand with feet more than hip width apart. Take your right foot over your left foot, and then move your left foot to the left so your feet are wide apart again.
- ▶ Push your hips back and into a wide squat reaching for the ground with your left hand. Reverse the cross over squat pattern.
- ▶ Continue cross over step for the minute.
- ▶ **Modification:** Omit the cross over and do a squat touch to your comfortable depth.

EXERCISE 3



FORWARD JUMP JACK BACK

- ▶ Start in an squat position with your feet shoulder-width apart and your hips low.
- ▶ Extend your arms back to create momentum, and jump forward.
- ▶ Star jump back to the initial position.
- ▶ Repeat for the minute
- ▶ **Modification:** Omit the jump and step forward, then shuffle backwards to the start position.

Press to play this week's workout video