



T4-WEEK-10-Cardio

EXERCISE 1



REVERSE LUNGE HOP

- ▶ Start in a lunge position with your right leg back, right arm forward.
- ▶ Swing your right leg forward and your right arm back to hop up on your left foot, and land softly back in a reverse lunge.
- ▶ Repeat for the minute.
- ▶ **Modification:** Omit the hop and do alternating reverse lunges for the minute.

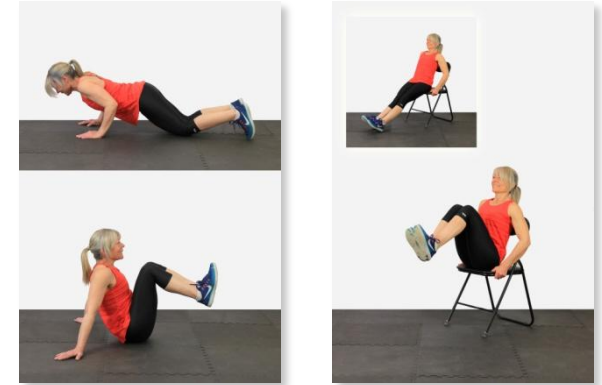
EXERCISE 2



DB POWER CLEAN

- ▶ Holding a dumbbell (DB) in each hand at your sides, with feet shoulder width. Lower into your safe squat position.
- ▶ Push from your heels and explode upwards. Build as much momentum as you can to move the DBs up to your shoulders. Your arms should just guide the weight.
- ▶ Brace your abdominal muscles and curl the DBs down to your sides and return to squat position. Repeat for the minute.
- ▶ **Modification:** Omit the weight and do regular squats for the minute.

EXERCISE 3



PUSH UP AB TUCK

- ▶ Start in push up position left end of a mat. Push up. Turn to the right to sit on your mat.
- ▶ Tuck the knees toward your chest and then extend your feet out away from your chest.
- ▶ Turn to your right again and push up. Repeat the sequence going towards the left side of the mat.
- ▶ Continue for the minute.
- ▶ **Modification:** Sit on a chair and tuck your knees to your chest, if this is difficult do one knee at a time until you are stronger.