



T4-WEEK-9- Strength

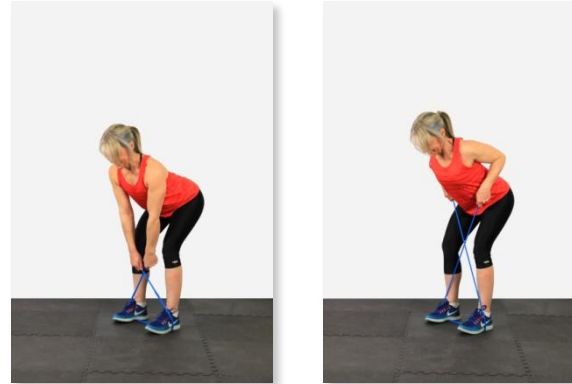
EXERCISE 1



REVERSE LUNGE PRESS

- ▶ Hold a dumbbell (DB) in your left hand at shoulder level. Step backward with your left foot and lower your body until your knees are bent 90 degrees (your left knee should nearly touch the floor).
- ▶ Press through the front foot return to standing while simultaneously pressing the dumbbell overhead until your left arm is straight. Lower the DB to start position. Repeat 10-15 times and change to the right side reverse lunge and press
- ▶ **Modification:** Omit the DB and do reverse lunges for the minute.

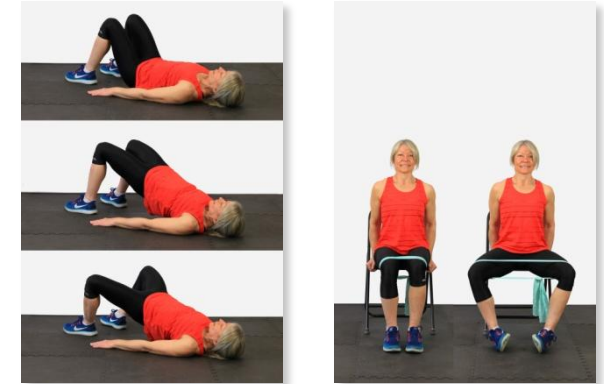
EXERCISE 2



BAND BENT OVER ROWS

- ▶ Standing on a band with feet hip-width apart. Grab opposite side to cross the band in front.
- ▶ Push your hips behind you bend the knees slightly. Extend your arms under your shoulders and face your palms towards your legs.
- ▶ Exhale as you pull, or row, the band towards your hips and at the top of the row, pause and contract your back muscles. Inhale as you lower your arms. Repeat for the minute.
- ▶ **Modification:** Use dumbbells or make a fist with your hands self active muscles of the back in a row movement pattern.

EXERCISE 3



BUTTERFLY BRIDGE

- ▶ Start lying on your back with your knees bent and feet flat on the floor. Raise your hips up to the ceiling, tensing your abdominal muscles engaging your glutes.
- ▶ With strength take your knees away from each other with your glute muscles engaged pause in the butterfly position, then bring your knees back together and hips back to the ground. Repeat bridge for the minute.
- ▶ **Modification:** Using a band around your thighs and sit in a chair. Against the band resistance separate your knees, then pause and bring them back together resisting the band.

Press to play this week's workout video