



CHALLENGE-WEEK-3

EXERCISE 1



ALT PUSH HOPS

- ▶ Start with feet hip width apart; make a fist with your hands and bring them to shoulder level.
- ▶ Quickly hop to the left and push your right fist out in a punch, return to centre. Then immediately hop to the right and push your left fist out return to centre.
- ▶ Continue alternating sides for the minute.
- ▶ **Modification:** Omit the hop and step out to either side instead.

EXERCISE 2



POP SQUAT TOUCH

- ▶ Start with your feet shoulder-width apart, push your hips back and lower into a squat position. One hand touching the ground.
- ▶ Pop up from the squat and straighten your torso with a small jump. Land on the balls of your feet to avoid strain on the ankles and heel. Return to the squat position touching the ground with the opposite hand.
- ▶ Repeat the pop jump changing touchdown hand each time.
- ▶ **Modification:** Omit the jump, add a heel raise.

EXERCISE 3



SHUFFLE UP JUMP/RAISE

- ▶ Start in a squat position with hands at shoulder level.
- ▶ Take two steps to the right, lead with the heels to engage your gluteal muscles. Being careful not to drag through the knees.
- ▶ Do a star jump and then take two steps to the left and star jump. Continue two step walk and jump for the minute.
- ▶ **Modification:** Replace the jump with a heel raise and reach.

Press to play this week's workout video