

### Fitness WELLth 2021

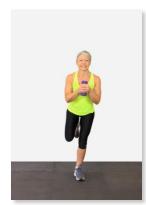
# 9 Minute Workout Guide



## CHALLENGE-WEEK-2

## **EXERCISE 1**





#### HOP SCOTCH

- Start in a squat position holding a weight at your chest (optional).
- Push your hips forward and hop up onto your right foot, bringing the left foot behind you.
- Return to the squat with both feet on the ground and repeat the hop onto the left foot.
- Continue the hop scotch movement for the minute.
- ▶ **Modification**. Omit the hop and move from the squat to a one leg stand, while bringing with opposite foot behind you.

## **EXERCISE 2**





#### **LUNGE ROTATION**

- Stand with your feet hip-width apart and your arms straight out in front.
- Step your left foot back into a reverse lunge and lower your body until both of your legs form 90degree angles at the knee. Rotate your torso to the right over your forward leg holding hips level.
- Turn back to centre, bring your left foot forward and return to start position.
- ▶ Repeat for right leg and continue alternating leg reverse lunge and rotation for the minute.
- Modification: Omit the rotation.

## EXERCISE 3





#### **GATE SWING CROSS**

- Start with your feet in a wide, stance with your toes pointed slightly outward. Lower into a squat, using your hands to help push your knees wide apart to deepen the inner-thigh stretch.
- ▶ Jump up bring your right leg in front of your left, landing in a standing cross-legged stance. Immediately jump your legs back out to a wide squat with your hands at your knees. Repeat changing the cross left over right. Continue for the minute.
- ▶ **Modification**: Omit the jump and step your feet together heel raise then step feet out to start.