



### 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 90-degree 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.

Press to play this week's workout video