



CHALLENGE-WEEK -1

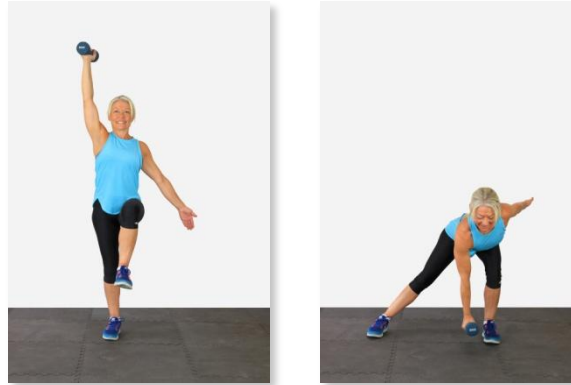
EXERCISE 1



ELBOW-KNEE-TOE TOUCH

- ▶ Stand with your hands at ear level. Turn your right elbow towards the left using the waist muscles keeping the chest open.
- ▶ Simultaneously bring the left knee to meet the right elbow. Return to start.
- ▶ Extend your right hand to reach the raised left foot. Return to start. Repeat for left elbow and right leg. Continue alternating for the minute.
- ▶ **Modification**: Reduce the height of the knee and foot raise.

EXERCISE 2



SINGLE ARM PRESS TO SIDE LUNGE

- ▶ Stand on your right leg and raise the left knee. Hold a dumbbell in your right hand overhead.
- ▶ Lower the weight to shoulder level. Take a big step to the left and lower into a lunge. Curl the weight down to your left foot keeping your right leg straight.
- ▶ As you push off your left leg to return to standing on your right leg, curl the dumbbell toward your shoulder and press it back overhead to start. Repeat 5-6 times and change sides.
- ▶ **Modification**: Omit the weight.

EXERCISE 3



DB BOAT HOLD HEEL TAPS

- ▶ Start holding weight overhead in a seated position with your knees bent and heels on the ground toes pointing up.
- ▶ Balance on your glutes and lengthen through the torso avoid rounding the back. Straighten the legs and make a "V" shape with your body.
- ▶ Hold for one count, and return your heels to the ground. Continue boat hold taps for the minute.
- ▶ **Modification**: Omit the weights, extend one leg at a time or sit in a chair and bring your knees to your chest or bring one knee up at a time.

Press to play this week's workout video