



CHALLENGE-WEEK -2

EXERCISE 1



PICK UP & LUNGE

- ▶ Start in a squat position with a weight between your feet. Squat down to pick up the weight with your right hand. Immediately take the right leg back into a reverse lunge, taking the weight over head.
- ▶ Return the right leg to the squat and put the weight back down. Then pick up the weight with the left hand repeating for a left leg lunge. Continue for the minute.
- ▶ **Modification:** Omit the squat and the weight and do a reverse lunge with an arm raise 8-10 times then change sides.

EXERCISE 2



GOBLET SQUAT

- ▶ Start holding a dumbbells (DB) at chest level feet slightly wider than shoulder width apart.
- ▶ Lower your body towards the ground, ensuring that you're not leaning too far forwards or too far backwards.
- ▶ At your lowest point, drive upwards through your feet and tense your glutes at the top of the motion. Continue for the minute.
- ▶ **Modification:** Omit the weight and the depth of the squat.

EXERCISE 3



FIRE HYDRANT

- ▶ Begin on all fours with your palms flat and shoulder-width apart. Place your knees hip-width apart. Back and abdomen in a natural position.
- ▶ Using the outer thigh muscles and glutes lift one knee out and up keeping your knee bent at a 90-degree angle. Be mindful not to lean towards the grounded knee. Lower your leg to start position repeat 8-10 times then change leg.
- ▶ **Modification:** Using a chair for balance or the wall lift the leg and move it towards the chair/wall keeping your hips forward. Repeat 8-10 and change leg.

Press to play this week's workout video