



### CHALLENGE-WEEK -3

#### EXERCISE 1



#### SIDE STEP ROW

- ▶ Start with feet hip width apart holding dumbbells (DB) in front of your body with your palms facing your legs.
- ▶ Take a step to the left and while keeping the DB close to your body, pull the DB up toward your chest. Pause and bring step the right foot to the left and bring DB to start position.
- ▶ Take another step to the left, then reverse the direction of the side step. Continue side step DB pull for the minute.
- ▶ **Modification** : Omit the DB row and side step.

#### EXERCISE 2



#### DB ACROSS LUNGE

- ▶ Start standing with feet hip-width apart, holding one dumbbell (DB) at chest level.
- ▶ Engage the abdominal muscles and take a step back with your right leg, keeping the feet hip-width apart, descend into a lunge.
- ▶ Once in a staple position take the DB across your body and over to your left side, with control against gravity. Return the DB to the front.
- ▶ Pressing through the forward foot return to start. Repeat for the other side and continue alternating DB across lunge for the minute.
- ▶ **Modification**: Omit the DB and do reverse lunges.

#### EXERCISE 3



#### RUSSIAN ROWS

- ▶ Start sitting on a soft mat, knees bent heels on the ground, lean slightly back to engage your abdominal muscles, hold dumbbells (DB) in each hand at chest level. This is the start position.
- ▶ While the abdominal muscle are tightly engaged, row the left DB towards the waist, while bending and bringing the elbow towards the ground behind.
- ▶ Return the DB to start and repeat for the right side, continue alternating row for the minute.
- ▶ **Modification**: Use a chair for this exercise omit the DB and make a fist for the row.

Press to play this week's workout video