



CHALLENGE-WEEK-4

EXERCISE 1



SKIPPING/MODIFIED JACK

- ▶ Stand with your arms at your side and feet hip width apart (Starting Position)
- ▶ Take your hands overhead or wherever comfortable for you, and your left foot out to the left side.
- ▶ Return to start position and repeat with the right foot. Continue alternating foot out and hands overhead for the minute.
- ▶ **Progression:** Jumping jacks or skip using a rope if available. Ensure jumps or skips land soft by engaging the abdominal muscles.

EXERCISE 2



DB LUNGE & LIFT

- ▶ Start holding dumbbells (DB) at your side and step your left leg back in to a reverse lunge.
- ▶ Maintain your posture with broad shoulders away from the ears. Brace your abdominal muscles, and engage the thigh and buttocks muscles of your right forward leg.
- ▶ With pressure driving through your right heel and foot, lift the left leg and press the DBs back, keep your arms close to your sides. Repeat 6-8 times and change leg.
- ▶ **Modification:** Replace lunge with a split stance, and/or omit DBs

EXERCISE 3



PLANK KICK

- ▶ Start in a forearm plank on your toes, keep the spine in a neutral "plank" position, shoulders board and away from the ears.
- ▶ With your abdominal muscles braced, kick the left heel to your backside, and then the right heel.
- ▶ Continue alternating heel kicks backs for the minute, maintaining a strong abdominal braced plank through out the exercise.
- ▶ **Modification:** Standing alternating heel kick backs .

Press to play this week's workout video