



T1-WEEK-2-Agility

EXERCISE 1



LUNGE CHOP x3

- ▶ Start with feet hip width apart hands together in front, shoulders back and down. Start position.
- ▶ Take a step back with your left leg and bend the knee towards the ground to a level that is stable. Your hands are left of your right knee.
- ▶ Chop your hands over your right knee to the right, then chop back over to the left and chop right over again. Simultaneously add a hop with each hand over chop.
- ▶ **Modification:** Omit the hop

EXERCISE 2



SQUAT ROTATE PRESS

- ▶ Start with feet hip width apart, holding a Dumbbell (DB) in your left hand at shoulder level. Start position.
- ▶ Push your hips back and descend into a squat. Feel the pressure in your feet.
- ▶ Leading with your chest, driving through your feet and push the DB up and over to your right, with your left leg following through.
- ▶ Repeat squat-rotate-press 5-8 times and then swap the DB to your right hand and repeat.
- ▶ **Modification:** Omit the turn, DB or press.

EXERCISE 3



COSSACK SQUAT

- ▶ Stand with your feet in a wide stance and with your toes pointing out to the sides. Hand in prayer position at your chest.
- ▶ Keeping your chest up, push your hips back and away from your knees, squat to the right, going as low as you feel comfortable and stable. Pause.
- ▶ Return to the start position and repeat for a left side squat. Continue alternating side squat for the minute.
- ▶ **Modification:** Use the back of the chair for support.

Press to play this week's workout video