



T1-WEEK-3-Core

EXERCISE 1



BURPEE-MODIFIED

- ▶ Start with your feet wider than hip apart.
- ▶ Reach for the ground with hands in between your feet. Use your legs to squat down.
- ▶ Jump back into a stiff high plank position, jump back with a hip thrust like motion bring the feet back to the outside of your hands.
- ▶ Leading with the chest, spine in neutral position push through the heels come back to standing.
- ▶ **Modification:** Omit the jump back and step your legs back. Use a chair or step for elevation.

EXERCISE 2



BAND BICEPS CURL

- ▶ Start standing on a stretch band and holding each end in a fist at your sides.
- ▶ Bicep curl the right fist then left fist then both fists together to shoulder level.
- ▶ Repeat the sequence starting with left fist first. Continue the bicep curl sequence for the minute alternating the starting fist each time.
- ▶ **Modification:** Omit the band and use dumbbells

EXERCISE 3



PUSH UPS

- ▶ Start in a plank position with your arms and legs straight, shoulders over your wrists. You may also start on your knees.
- ▶ Brace your abdominal muscles keeping your shoulders broad lower your chest towards the ground while maintaining the plank position and pause.
- ▶ Pressing through the heel of your hands upwards from your chest and shoulders, straightening your arms as you return to the starting position. Repeat for the minute.
- ▶ **Modification:** Push ups against the wall.

Press to play this week's workout video