



T1-WEEK-4-Cardio

EXERCISE 1



SKIPPING- At SIDE TAP

- ▶ 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



SINGLE LEG LIFT

- ▶ Start holding dumbbells (DB) at your side. Brace your abdominal muscles and start by pushing your hips back, then extend your free leg behind you.
- ▶ Lower your torso until you're parallel to the floor, or where possible while keeping your spine from rounding.
- ▶ Return to the starting position and repeat with the opposite leg.
- ▶ **Modification:** Omit the DB and rest your hand on a chair or wall, extend the outer leg back. Omit alternating leg, repeat the exercise 8-10 times on one leg then turn and repeat on the other leg.

EXERCISE 3



SIDE PLANK LIFT

- ▶ Start in a side plank position, with your shoulder over your elbow and your body in a straight line. Rest a dumbbell (DB) on your leg.
- ▶ Bring your hip down, without letting it touch the floor, and then bring it back up to the side plank position.
- ▶ Repeat 10- 12 times then switch sides.
- ▶ **Modification:** Do this exercise standing. Brace your abdominal muscles and bend at the waist directing the DB towards the ground. Pause then pull yourself to the start position.

Press to play this week's workout video