



T1-WEEK-5-Strength

EXERCISE 1



SQUAT CALF RAISES

- ▶ Start with feet hip width apart and hands in prayer position.
- ▶ Shift your hips back and descend into a squat. Pressing through your feet come up to standing with a right turn and heel raise.
- ▶ Turn back to start position and repeat for a squat and left turn heel raise. Continue the squat and alternating the heel raise turn for the minute.
- ▶ **Modification:** Omit the turn.

EXERCISE 2



LUNGE CHOP

- ▶ Start holding a dumbbell (DB) raised forward and up at a shoulder comfortable level.
- ▶ Take a step back with your left leg and bring the DB down to the outer forward right leg.
- ▶ Pause, and bring the left leg and DB back to the start position. Repeat for a right leg lunge back chop.
- ▶ Continue alternating reverse lunge chop for the minute.
- ▶ **Modification:** Omit the DB and do alternating reverse lunges.

EXERCISE 3



PLANK TRANSFER

- ▶ Start in a high plank position with a dumbbell (DB) between your hand under your chest. Feet are wide.
- ▶ Take the DB with your right hand, brace your abdominal muscles push your hips towards the ceiling and place the DB between your feet.
- ▶ Return to the high plank position without the DB. Then retrieve the DB with your right hand.
- ▶ Repeat for a left hand place and retrieve. Continue alternating hand for the minute.
- ▶ **Modification:** Do a DB squat pickup from the ground.

Press to play this week's workout video