



T1-WEEK-7-Agility

EXERCISE 1



SQUAT LUNGE TOUCH

- ▶ Start with feet hip width apart, hands in prayer position.
- ▶ Descend into a squat. Return to standing and step back with your right leg into a lunge reaching your hands towards the ground.
- ▶ Return to standing and immediately descend into a squat, return to standing and step back for a left leg lunge and reach down.
- ▶ Continue the movement pattern for the minute.
- ▶ **Modification:** Do either a squat or a lunge.

EXERCISE 2



SQUAT PASS CURL

- ▶ Start with feet hip width apart holding a dumbbell (DB) over your right shoulder. Descend into a squat.
- ▶ Return to standing and pass the DB behind you into your left hand and curl the DB to your left shoulder.
- ▶ Repeat the squat and alternate the DB transfer and curl for the minute.
- ▶ **Modification:** Omit the DB retain the movement pattern.

EXERCISE 3



BRIDGE OVERS

- ▶ Lie on your back with arms extended over your chest holding one dumbbell (DB) and your knees bent.
- ▶ Lift your hips off the mat, while keeping your back straight, and pause and take the DB over behind your head as far as possible without bending your elbow.
- ▶ Return to the bridge starting position and repeat the movement for the minute.
- ▶ **Modification:** Do sit to stand with or without DB

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