



### T1-WEEK-8-Core

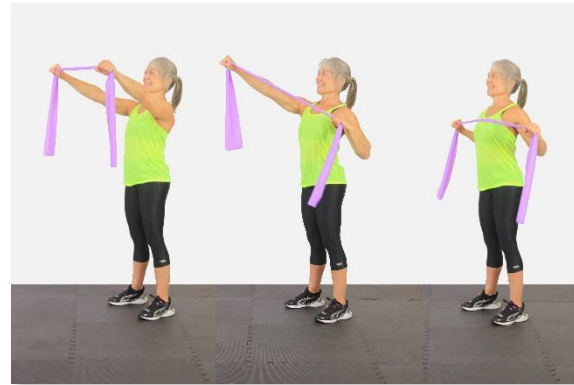
#### EXERCISE 1



#### PUNCH SIDE TAP

- ▶ Start holding dumbbells (DB) at shoulder level. Elbows forward, shoulders away from your ears.
- ▶ Brace your abdominal muscles and punch the right DB to the left and tap the right foot to the right. Return to start position.
- ▶ Repeat for a left to right punch with a left leg tap to the left.
- ▶ Continue alternating punch side tap for the minute.
- ▶ **Modification:** Omit the DB

#### EXERCISE 2



#### LAT PULL DOWN

- ▶ Start by holding a stretch band at chest level or above. Bring your shoulders away from your ears and together at the back.
- ▶ Brace your abdominal muscles and keeping your shoulders in place pull your right fist towards your chest. Return to start. Pull the left fist towards your chest and return to start. Then pull both fists to your chest.
- ▶ Continue this movement pattern for the minute, being mindful to keep your shoulders in place.
- ▶ **Modification:** Omit the band

#### EXERCISE 3



#### SEATED WINDMILL

- ▶ Start sitting on the ground legs extended. Place a stretch band across your back and hold each end in a fist with thumbs up. Arm extend out to the sides
- ▶ Bracing your abdominal muscles and keeping your arms outstretched, turn from your waistline to the right, return to centre.
- ▶ Repeat for a left waistline turn and then continue alternating the waistline turn for the minute. Be mindful to keep your shoulders away from your ears.
- ▶ **Modification:** Sit in a chair for this exercise