



T1-WEEK-9-Cardio

EXERCISE 1



SQUAT HIGH KNEE

- ▶ Start holding dumbbells (DB) at shoulder level, feet hip width apart.
- ▶ Push your hips back and descend into a squat pause at your lowest but comfortable level.
- ▶ Pressing through your feet come up to standing and lift your right knee up and turn to your right.
- ▶ Repeat for a squat and left knee up and turn. Continue squat and alternating knee up turn for the minute.
- ▶ **Modification:** Omit the DB and or high knee

EXERCISE 2



LUNGE CHEST PRESS

- ▶ Start with your feet wide apart, holding dumbbells (DB) in each hand at your sides.
- ▶ Take step back with your left leg and descend into a comfortable stable lunge.
- ▶ Raise the DB forward to chest level then bring the DB to your chest keeping your shoulders away from your ears. Press the DB forward and down returning to start position.
- ▶ Repeat for a right leg lunge and press, continue the sequence for the minute.
- ▶ **Modification:** Omit the DB and do alternating reverse lunges.

EXERCISE 3



BICYCLE WITH CURLS

- ▶ Sit on a mat holding dumbbells (DB) in each hand knees bent. Extend the right leg out and bring the right DB down to your side.
- ▶ Return the right knee to start position, curl the right DB to your shoulder.
- ▶ Simultaneously, extend the left leg and DB your side.
- ▶ Continue extending alternating legs in a bicycle motion with bicep curls for the minute.
- ▶ **Modification:** DB march in a chair.

Press to play this week's workout video