



### T4-WEEK-2-Agility

#### 1. Seated Jumps Ups



##### INSTRUCTIONS

- ▶ Start seated in a chair arms extended forward. Brace your abdominal muscles, pressing through your feet, jump up from the chair.
- ▶ Return to seated position and repeat for the minute.
- ▶ **Modification:** Do sit to stands

#### 2. Side-Reverse Lunge



##### INSTRUCTIONS

- ▶ Start holding dumbbells (DB) at your sides.
- ▶ Brace your abdominal muscles and take your right foot to the right into a side lunge. Return to start.
- ▶ Then take your right foot back into a reverse lunge and return to start. Repeat for a left side and reverse lunge.
- ▶ Continue alternating for the minute.
- ▶ **Modification:** Do reverse lunges or side lunges

#### 3. Hip Mobility Drill



##### INSTRUCTIONS

- ▶ Start sitting on the ground your right knee at 90° and the sole of your foot to the back. Your left knee is also at 90° with the sole of your foot facing the right. Your hands are on the mat for support.
- ▶ Brace your abdominal muscles, lift your feet and turn your feet to the left with knees at 90°.
- ▶ Continue for the minute.
- ▶ **Modification:** Place a dumbbell on your thigh and lift your leg. Use a chair for balance.