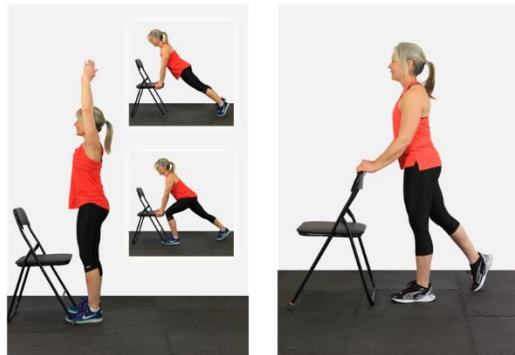




T4-WEEK-3-Core

## 1. Burpee/Modified



### INSTRUCTIONS

- ▶ Start with your feet wider than hip apart. Reach for the ground with hands in between your feet. Use your legs to squat down.
- ▶ Jump back into a stiff high plank position, jump back with a hip thrust like motion bring the feet back to the outside of your hands.
- ▶ Leading with the chest, spine in neutral position push through the heels come back to standing.
- ▶ **Modification:** Omit the jump back and step your legs back. Use a chair or step for elevation.

## 2. Lunge Turn Pull



### INSTRUCTIONS

- ▶ Start holding a stretch band at chest level. Take a step back with your right foot into a reverse lunge.
- ▶ Pull the band apart and turn over your left forward foot. Pause and return to start.
- ▶ Repeat for a left leg reverse lunge and right turn pull apart. Continue alternating leg for the minute.
- ▶ **Modification:** Omit the turn and do reverse lunges with a band pull.

## 3. Push Ups



### INSTRUCTIONS

- ▶ Start in a plank position with your arms and legs straight, shoulders over your wrists.
- ▶ Brace your abdominal muscles and lower your chest towards the ground by bending your elbows, pause at your lowest point.
- ▶ Then press up using the muscles of your chest and shoulders to straightening your arms as you return to the starting position. Repeat for the minute.
- ▶ **Modification:** Push ups against the wall