



WEEK-1-Balance & Mobility

1. Twist March



INSTRUCTIONS

- ▶ Start with high knee marching on the spot, engaging your abdominal muscles and maintain an upright posture.
- ▶ Bring your hands to waist level, palms facing down, elbows are bent to a 90° angle.
- ▶ Then as you march turn your upper body, so that your hands move over the lifted knee.
- ▶ Continue with the twist march for the minute maintaining your posture.
- ▶ **Modification:** Omit the twist

2. Band V Squat



INSTRUCTIONS

- ▶ Start with a stretch band under your feet, holding each end in a fist at your sides. Shoulders back and down away from your ears.
- ▶ Brace your abdominal muscles, push your hips back and down away from your knees.
- ▶ Raise your fists holding the band forward and up as far as you can maintain your shoulders away from your ears.
- ▶ Pause and return to start continue for the minute.
- ▶ **Modification:** Omit the band and do air squats.

3. Spider Plank



INSTRUCTIONS

- ▶ Start in a forearm plank on a mat, with your abdominal muscles braced, shoulders away from your ears, spine in neutral position.
- ▶ Tap your left foot out to the left and bring your knee towards your elbow. Return to start position.
- ▶ Repeat for a right foot tap and then continue alternating foot tap knee to elbow spider plank for the minute.
- ▶ **Modification:** Standing alternating side tap knee up.

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