9 Minute Workout Guide

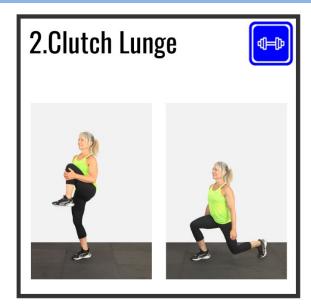


T1-WEEK-1-Balance



INSTRUCTIONS

- Start with light dumbbells (DB) overhead feet wide. (start position)
- ▶ Jump your left foot back and bring the DB to chest level.
- Jump your feet and DB to start back to and then for right foot back.
- Continue alternating for the minute.
- ▶ Modification: Omit overhead and do reverse lunge with a press



INSTRUCTIONS

- Start with feet hip width apart. Brace your abdominal muscles, lift left knee up and clutch with both hands pause.
- Then immediately descend into a reverse lunge with your left leg back.
- Return to start position and repeat for a right leg clutch and continue alternating leg for the minute.
- ▶ Modification: Omit the lunge and practice knee up balance



INSTRUCTIONS

- Start with hand and knees on the ground and then lift your knees off the ground (bear position).
- Brace your abdominal muscles and extend your right leg back, return to start and pause to reset.
- Repeat for left leg extension and continue alternating for the minute.
- ▶ Modification: Do tap backs with support of a chair.