



T1-WEEK-2-Agility

1. X-Squat Reach



INSTRUCTIONS

- ▶ Start with feet hip width apart, jump and criss-cross your feet, landing with feet hip width apart.
- ▶ Then immediately descend into a squat return to standing and reach your left hand to the right.
- ▶ Return to start position criss-cross your feet, descend into a squat and then reach your right hand to your left.
- ▶ Continue alternating squat reach for the minute.
- ▶ **Modification:** Do squat and reach.

2.Reverse Lunge Row



INSTRUCTIONS

- ▶ Start holding dumbbells (DB) at your sides.
- ▶ Take your left foot back into a sturdy lunge. Brace your abdominal muscles and row the DB from knee level towards your hips. Pause.
- ▶ Repeat for a right leg lunge and row. Continue for the minute.
- ▶ **Modification:** Do reverse lunges & bicep curls.

3.Plank Drag



INSTRUCTIONS

- ▶ Start in a high plank position, with a dumbbell (DB) on the outside of your left hand.
- ▶ Brace your abdominal muscles and reach across with your right hand and lift the DB and place it to the outside of your right hand.
- ▶ Then repeat reaching with your left hand to pick up the DB on the right and place it on the left. Continue for the minute.
- ▶ **Modification:** Do standing side bends.