



T1-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. Band Biceps Curl



INSTRUCTIONS

- ▶ Start holding a stretch band anchored under your feet.
- ▶ Curl your right hand to shoulder level, keeping your elbows at your side, followed by curling your left hand to shoulder level. Then do both hands together.
- ▶ Repeat for the minute, alternating the starting hand curl.
- ▶ **Modification:** Do this exercise seated using dumbbells

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