



T1-WEEK-4-Cardio

1. Skip- Alt Side Taps



INSTRUCTIONS

- ▶ Stand with your arms at your side and feet hip width apart (Start position). Take your hands overhead or wherever comfortable for you, and your left foot out to the left side.
- ▶ Return to start position and repeat with the right foot. Continue alternating foot side tap out and hands overhead for the minute.
- ▶ **Progression:** Jumping jacks or skip using a rope if available. Ensure jumps or skips land soft by engaging the abdominal muscles.

2. 2xBounce Squat



INSTRUCTIONS

- ▶ Start with feet hip width apart. Brace your abdominal muscles and bounce twice to the right then squat.
- ▶ Then repeat the bounce going to the left. Continue for the minute right to left, then left to right.
- ▶ **Modification:** Omit the double bounce and do side steps with a squat.

3. Bird Dog



INSTRUCTIONS

- ▶ Start on your hands and knees with the hands under the shoulders and the knees under the hips.
- ▶ Extend one leg and the opposite arm at the same time. Pause, and return to the starting position, and switch sides.
- ▶ Continue alternating sides for the minute.
- ▶ **Modification:** With arms extended march on the spot taking alternate hand and knee up.