



T1-WEEK-5-Strength

1.Squat Back Kick



INSTRUCTIONS

- ▶ Start with feet hip width apart, brace your abdominal muscles, shift your hips back and descend into a squat.
- ▶ Pop up from the squat by driving up through your right leg, kicking your left leg back to your buttocks.
- ▶ Return to starting position and repeat squat with a left leg pop and right leg kick back. Continue alternating for the minute.
- ▶ **Modification:** Omit the jump.

2.Squat Arm Raises



INSTRUCTIONS

- ▶ Start standing with your back to a chair, holding dumbbells (DB) at your sides.
- ▶ Brace your abdominal muscles, shifting your hips back towards the chair and touch the seat with your buttocks, simultaneously raise your arms forward with the DB.
- ▶ Lower your arms and driving through your feet come back to start and repeat this movement pattern for the minute.
- ▶ **Modification:** Omit the DB.

3.Thread The Needle



INSTRUCTIONS

- ▶ Start on your hands and knees on a mat. Stabilizing through your left hand, take your right arm up towards the ceiling and pause.
- ▶ Then thread your right arm under your left side and reach toward the left and pause. Return to start and repeat for a left-hand thread to the right. Continue alternating for the minute.
- ▶ **Modification:** Sit in a chair with arms forward. Take one arm out to the side and return to start alternate arm out for the minute.