



WEEK-2-Core Strength

1. Side Step Dead Lift



INSTRUCTIONS

- ▶ Start by taking a side-step/shuffle to the left, then bracing your abdominal muscles push your hips back. Keeping your shoulders broad, lead with your chest take your right hand towards the ground and your right leg behind you in a single leg dead lift motion.
- ▶ Pause, return to the upright and then side-step/shuffle to the right, then a dead lift. Continue for the minute.
- ▶ **Modification:** Omit the dead life and do a high knee instead.

2. Reverse Lunge Pull



INSTRUCTIONS

- ▶ Start holding a stretch band at chest level, ensuring there is tension in the band.
- ▶ Step your right leg back into a reverse lunge and bring the band towards your chest.
- ▶ Return to start position and repeat for a left leg reverse lunge. Continue with alternating reverse lunge pull for the minute.
- ▶ **Modification:** Omit the band and use a chair for support do alternating reverse lunges.

3. Seated Band Row



INSTRUCTIONS

- ▶ Start by sitting on a mat legs extended forward.
- ▶ Hold a stretch band looped around the soles of your feet.
- ▶ Start the row with arms extended and fists over your knees. Row the band to your hips keeping your elbows close to your sides.
- ▶ The focus is to keep your shoulders away from your ears and bring your shoulder blades together at the back. Pause and continue row for the minute.
- ▶ **Modification:** Do this exercise seated in a chair

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