



WEEK-3-Cardio & Endurance

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. Pull Step Squat



INSTRUCTIONS

- ▶ Start stand holding a stretch band at chest level or higher if comfortable for your shoulder joint.
- ▶ Brace your abdominal muscles and pull the band down and slightly apart. The movement should be using your back muscles – that is shoulder blades come down and together.
- ▶ Simultaneously take a step to the right side and descend into a wide stance squat. Pause and return to start. Repeat for a step out to the left. Continue alternating sidesteps for the minute.
- ▶ **Modification:** Omit the squat

3. Push-UP



INSTRUCTIONS

- ▶ Start in a plank position with your arms and legs straight, shoulders over your wrists. You may also start on your knees.
- ▶ Brace your abdominal muscles keeping your shoulders broad lower your chest towards the ground while maintaining the plank position and pause. Pressing through the heel of your hands upwards from your chest and shoulders, straightening your arms as you return to the starting position. Repeat for the minute.
- ▶ **Modification:** Push ups against the wall.

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