



WEEK-4-Strength & Stability

1. Crossover Step



INSTRUCTIONS

- ▶ Mark a line on the ground (we used a stretch band). Start with your right foot to the right of the band and step your left foot back to the left of the band.
- ▶ Descend into a lunge position. Brace your abdominal muscles and hop your forward right over to the left of the band and back to the right.
- ▶ Repeat 10 times and change forward Foot.
- ▶ **Modification:** Omit the lunge, using a chair for support tap your foot over the line marker

2. Out-In Squats



INSTRUCTIONS

- ▶ Start with feet wide, holding a dumbbell (DB) at chest level.
- ▶ Brace your abdominal shift your hips back and descend into a sumo squat keeping your knees over your ankles, shins vertical.
- ▶ Bring your right foot to your left and then back. Return to standing and repeat for sumo squat and left foot to the right. Continue for alternating the step in for foot for the minute
- ▶ **Modification:** Sumo Squat, omit the foot step in.

3. Plank to Pike



INSTRUCTIONS

- ▶ Start in a forearm plank with your elbows directly below your shoulders. Brace your abdominal muscles.
- ▶ Shift your weight back and raise your hips into the air. Pause and shift your weight forward and return to the forearm plank.
- ▶ Repeat movement pattern with control for the minute.
- ▶ **Modification:** Do a forward bend hands to chair returning to standing with control.