Week 3

Monday

All exercises from Week 1 and 2 Monday

Sumo-Squats and Heel Raises

✓ Start in the following position: legs are wider than shoulder-width apart, with the tops of the feet pointing diagonally outwards
✓ The body weight is on the heels
✓ Keep body tension during the exercise and make sure your back is straight
✓ Now lower the hips backwards by bending the knees until you are sitting in a deep squat position
✓ Fold your hands in front of your chest
✓ Make sure that the hips and knees are always parallel and that the kneecaps do not get above the tips of the toes
✓ Hold the deep position
✓ Then raise both heels and lower them again and repeat this

Muscle groups: inner thigh muscles, adductors, gluteal muscles