Week 4

Monday

All exercises from week 1, 2 and 3 Monday

Ice-Skater

- Start the exercise standing with your legs slightly bent and your upper body also slightly bending forward, with straight back
- Push off with your left leg and jump onto your right leg
- Always try to keep your balance with only one leg on the ground
- When landing, always bend your knees slightly
- Now jump alternately from your left to your right leg and pull the other one behind you in the air

Muscle groups: Endurance and leg muscles