

Week 4:	Exercise	Benefits	Correct form
	Shoulder press	Shoulder, chest, arms	Stand with your legs together and your arms out to the side, bent at your elbows at a 90° angle. Raise your arms over your head so that the weights meet.
	Back extension	Biceps, triceps, chest	Stand with your legs hip-wide apart and your knees bent. Engage your abs and tilt your body forward. Extend your arms out front with the palms facing each other. Bend your arms and bring your elbows back, squeezing your shoulder blades together.
	Chest fly	Stretches chest, upper back, shoulders, arms	Lie on your back with your knees bent. Extend your arms out to your side with a slight bent and level with your shoulders. Lift your arms in a c-curve until they meet over your chest.
	Knee bend pulses	Quadriceps	Stand with your legs hip-wide apart. Bend your knees, and make small little pulses up and down. Engage your abs (your shoulders, hips and heels should be in a straight line).
	Donkey pulses	Glutes, hamstrings	Start on all fours with your hands below your shoulders and knees hip-wide apart under your hips. Engage your abs and lift one leg up behind you and bend at the knee. Make small pulses up with your toes pointed. Keep your hips squared. Repeat with the other leg.
	Side leg kick	Inner & outer thighs, improves mobility	Lie on your side in a straight line. Bring both your legs forward till they are at about a 45° angle from your body. Lift the top leg off, flex the foot and bring it forward as far as you can and then move it all the way to the back and point your toes. Repeat with other leg.
	C-curve arm cross	Abs, stabilizes shoulder girdle	Sit on the floor with your legs straight in front. C-curve your back and strongly engage your abs. Cross your right arm over your left and then the left over your right in quick movements.
	C-curve feet march	Abs, core stability	Sit on the floor with your knees bent in front of you. C-curve your back and strongly engage your abs. Put your hands behind your head and start marching with your feet.
	Double leg drop	Abs, quads	Lie on your back with your spine imprinted. Your arms slightly under your buttocks (to protect your lower back). Extend your legs upwards, then slowly lower them as far down you can without arching your back. Keep your abs engaged the whole time