

Week 1 Workout A:

- **Warm up:**
 - 5-10 minutes of light cardio
 - Dynamic warm up
 - Arm circles (front & back)
 - Side swings
 - Jumping Jacks
 - High Knees
 - Butt Kicks
 - High Kicks
 - **Repeat 3 times:**
 - Bear crawls x 10 reps
 - Crab walks x 10 reps
 - **Perform 3 rounds of the following exercises, resting 30 seconds in between each set:**
 - A1: Froggers x 15 reps
 - A2: Squats x 20 reps
 - A3: Forward lunges x 10 reps each side
 - **Perform 3 rounds of the following exercises, resting 30 seconds in between each set:**
 - B1: Glute Bridge x 20 reps (2 second squeeze at top)
 - B2: Ab Pulses x 10 reps
 - B3: Mountain climbers x 20 reps