

## Week 1 Workout B:

- **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 2 times:**
    - Dead-Bugs x 10 reps
    - Bird-Dogs x 10 reps
  - **Perform 3 rounds of the following exercises, resting 30 seconds in between each set:**
    - A1: Bench squat jump to push-up x 15 reps
    - A2: Dips x 15 reps
  - **Perform 3 rounds of the following exercises, resting 30 seconds in between each set:**
    - B1: Bench step-up with knee raise x 10 each side
    - B2: Knee Tuck x 20 reps
  - **Perform 3 rounds of the following exercises, resting 30 seconds in between each set:**
    - C1: Inverted Rows (*can also substitute with bent-over rows with backpack or prone snow angels*) x 10 reps
    - C2: Superheroes x 30 seconds