

Week 1 Workout C:

- **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
 - **Perform 3 rounds of the following exercises, resting 30 seconds in between each set:**
 - A1: Bench Jump-Overs x 10
 - A2: Mountain climbers x 20 reps
 - B1: Reverse Lunges x 20 reps (10 each leg)
 - B2: Wide Grip Push-Ups x 20 reps
 - C1: Straight Arm Planks x 30 sec
 - C2: Straight Arm Side Plank x 30 sec
 - C3: Straight Arm Side Plank x 30 sec