

Week 2 Workout A:

- Warmup, then:
 - **Perform 3 rounds of the following exercises, resting 30 seconds in between each set:**
 - Crab toe touches x 10 reps (each side)
 - Wide-Grip Push-ups x15
 - *Can do on knees if necessary*
 - Plank shoulder taps x 20 reps (10 reps each side)
 - Bicycle Crunches x 20 reps (10 reps each leg)
 - Frog Pumps x 30 reps
 - Reverse Lunges x 20 reps (10 reps each leg)