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 x 15
      - 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)