

Week 2 Workout B:

- Warmup, then:
 - **Perform one set of long jumps, rest for three minutes, perform another set.. Complete until finished with three sets.. Then, move on to workout.**
 - A1: Long Jumps 3x5 reps
 - **Perform 3 rounds of the following exercises, resting 30 seconds in between each set:**
 - Spiderman push-ups x 10 (5 reps each side)
 - B2: Inverted Rows x 20 reps
 - *Can substitute with bent-over rows with backpack or prone snow angels*
 - Diamond Push-Ups x 15 reps
 - *Can do on knees if necessary*
 - Crunches x 20 reps
 - Calf Raises x 20 reps