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