

Week 2 Workout C:

- Warm up, then:
 - **Perform 3 rounds of the following exercises, resting 30 seconds in between each set:**
 - Step-Ups w/ knee raise x 20 reps (10 reps each leg)
 - Bird dogs 3x10 (5 reps each side)
 - 1-leg glute bridge x 15 reps (2 second squeeze at top)
 - Plank Get-Ups x 20 reps (10 reps each side)
 - ObliqueTwists x 20 reps (10 reps each side)
 - Superheroes x 30 seconds