

Week 3 Workout A:

- Warmup, then:
 - **Perform 3 rounds of the following exercises, resting 30 seconds in between each set:**
 - Bear crawls x 15 reps
 - Crab walks x 15 reps
 - **Perform 3 rounds of the following exercises, resting 30 seconds in between each set:**
 - A1: Froggers x 20 reps
 - A2: Squats x 30 reps
 - **Perform 3 rounds of the following exercises, resting 30 seconds in between each set:**
 - B1: Glute Bridge x 25 reps (2 sec squeeze at top)
 - B2: Ab Pulses x 15 reps
 - B3: Mountain climbers x 25 reps