

## Week 3 Workout B:

- Warm Up, then:
  - **Perform 2 rounds of the following:**
    - Dead-Bugs x 10 reps
    - Bird-Dogs x 10 reps
  - **Perform 3 rounds of the following exercises, resting 30 seconds in between each set:**
    - A1: Bench squat jump to push-up x 20 reps
    - A2: Dips x 20 reps
  - **Perform 3 rounds of the following exercises, resting 30 seconds in between each set:**
    - B1: Bench Side Step-Ups x 20 each side
    - B2: Knee Tuck x 20 reps
  - **Perform 3 rounds of the following exercises, resting 30 seconds in between each set:**
    - C1: Inverted Rows x 15 reps
    - C2: Prone Snow Angels x 10 reps