

## Week 3 Workout C:

- Warm up, then:
  - **Perform 3 rounds of the following exercises, resting 30 seconds in between each set:**
    - Bench Jump-Overs x 10
    - Mountain Climbers x 20
    - Side Crunches x 20
    - Reverse Lunges x 25 reps
    - Medium Grip Push-Ups x 20 reps
    - Straight Arm Planks x 30 sec
    - Straight Arm Side Plank x 30 sec
    - Straight Arm Side Plank x 30 sec