

## Week 4 Workout A:

- Warmup, then:
  - **Perform 3 rounds of the following exercises, resting 30 seconds in between each set:**
    - Crab toe touches x 15 reps (each side)
    - Wide-Grip Push-ups x20
      - *Can do on knees if necessary*
    - Plank shoulder taps x 25 reps
    - Bicycle Crunches x 25 (each side)
    - Frog Pumps x 40 reps
    - Reverse Lunges x 25 reps (each leg)