

## Week 4 Workout B:

- Warm Up, then:
  - **Perform one set of long jumps, rest for three minutes, perform another set.. Complete until finished with three sets.. Then, move on to workout.**
  - A1: Long Jumps 4x5 reps
  
  - **Perform 3 rounds of the following exercises, resting 30 seconds in between each set:**
    - Spiderman push-ups x 15 reps (each side)
    - B2: Inverted Rows x 25 reps
      - *Can substitute with bent-over rows with backpack or prone snow angels*
    - Diamond Push-ups x 25 reps
    - Crunches x 30 reps
    - Calf Raises x 25 reps