

## Week 4 Workout C:

- Warm up, then:
  - **Perform 3 rounds of the following exercises, resting 30 seconds in between each set:**
    - Step-Ups w/ kick x 25 reps (each leg)
    - Bird Dogs x 15 (each side)
    - 1 leg glute bridge x 20 reps
    - Plank Get-Ups x 15 reps
    - Oblique Twists x 20 reps
    - Superheroes x 45 seconds