

Week 5 Workout A:

- Warmup, then:
 - **Perform 3 rounds of the following exercises, resting 30 seconds in between each set:**
 - Hand Release push-ups x 20 reps
 - Forward + Reverse lunge x 20 reps (each side)
 - *One forward lunge + one backward lunge = 1 rep*
 - Side Lunges x 10 reps (each leg)
 - Hip adduction x 10 reps (each leg)
 - Prone Snow Angels x 10 reps
 - Flutter Kicks x 30 reps