

Week 5 Workout B:

- Warm Up, then:
 - **Perform 3 rounds of the following exercises, resting 30 seconds in between each set:**
 - T Push-ups x 10 reps (each side)
 - Split Squats x 20 reps (each side)
 - Dips x 20 reps
 - Side-to-side Jumps x 10 reps (each side)
 - Decline Push-ups x 10 reps
 - Squats x 30 reps