

## Week 5 Workout C:

- Warm up, then:
  - **Perform 3 rounds of the following exercises, resting 30 seconds in between each set:**
    - Crab Toe touches x 10 reps (each side)
    - Jumping Alternating Lunges x 20 reps (each side)
    - Spiderman Push-ups x 20 reps (each side)
    - Lying Leg Lifts x 20 reps
    - Oblique twists x 25 (each side)