

Week 6 Workout A:

- Warmup, then:
 - **Perform 3 rounds of the following exercises, resting 30 seconds in between each set:**
 - Bench Jumps x 10 reps
 - Forward + Reverse lunge x 15 (each side)
 - *One forward lunge + one backward lunge = 1 rep*
 - Dive Bomber Push-Ups x 5 reps
 - *Can substitute any push-up variation, and do on knees if necessary*
 - Mountain climbers x 30 reps (each side)
 - Forearm Planks x 30 sec
 - Forearm Side Plank x 30 sec
 - Forearm Side Plank x 30 sec