

Week 6 Workout B:

- Warm Up, then:
 - **Perform 2 rounds of the following:**
 - Bear crawls x 10 reps
 - Crab walks x 10 reps
 - **Perform 3 rounds of the following exercises, resting 30 seconds in between each set:**
 - A1: Froggers x 25 reps
 - A2: Side Step-Ups x 20 reps (each side)
 - A3: Forward lunges x 10 reps (each side)
 - **Perform 3 rounds of the following exercises, resting 30 seconds in between each set:**
 - Step-Up Kicks x 30 reps (each side)
 - B2: Glute Bridge x 20 reps (2 sec squeeze at top)
 - Ab Pulse-Ups x 15 reps (1 sec pause at top; squeeze core)