

Week 6 Workout C:

- Warm up, then:
 - **Perform 3 rounds of the following exercises, resting 30 seconds in between each set:**
 - A1: Crab toe touches x 15 reps (each side)
 - A2: Close-Grip Push-ups x 20 reps
 - *Can do on knees if necessary*

 - B1: Plank shoulder taps x 20 reps (each side)
 - B2: Bicycle Crunches x 20 reps (each side)

 - C1: Split Squats x 20 reps (each leg)
 - C2: Reverse Lunges x 20 reps (each leg)