

## Week 7 Workout A:

- Warmup, then:
  - **Perform 3 rounds of the following exercises, resting 30 seconds in between each set:**
  - A1: T Push-ups x 15 reps (each side)
    - *Can substitute any push-up variation, and do on knees if necessary*
  - A2: Pike Push-ups 3x15
  - A3: Prone Snow Angels 3x15
  
  - B1: Plank Get-Ups x 20 reps (each side)
  - B2: Plank shoulder taps x 20 reps (each side)
  - B3: Side Crunches 3x20