Week 7 Workout B:

- Warm Up, then:
  - Perform one set of long jumps, rest for three minutes, perform another set. Complete until finished with three sets. Then, move on to workout.
  - Broad Jumps 5x5 reps
  - Side Jumps 3x10 (each side)
  - Bench jump to push-ups 3x20
  - Spiderman push-ups x 10 reps (each side)
  - Inverted Rows x 20 reps
    - Can substitute with bent-over rows with backpack or prone snow angels
  - Flutter Kicks 3x50