

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