

## Week 7 Workout C:

- Warm up, then:
  - **Final 500 Bodyweight Workout (complete for time)**
    - *Break up into as many sets as you need, and rest as long as you need between exercises. Try to complete in the shortest time possible!*
  - 100 push-ups (any grip)
  - 100 bodyweight squats
  - 100 alternating lunges (50 each leg)
  - 100 crunches
  - 100 flutter kicks