

Week 1 Workout A

Perform three rounds of the following exercises:

- Neck Rolls - 3 reps in each direction
- Cat Cows - 10 reps total
- Cobra Pose - hold the stretch for 30 seconds
- T-Spine Rotation - 5 reps each side
- Prone Y's - 10 reps
- Push-Ups - 15-20 reps
- Air Squats - 20-30 reps
- Forward Lunges - 10 reps each leg
- Calf Raises - 20-30 reps
- Crunches 15-20 reps