

Week 2 Workout A

Perform three rounds of the following exercises:

- T-Spine Rotation - 10 reps each side
- Controlled Hip Rotation - 5 reps each side
- Tempo Push-Ups (4 seconds down) - 10-15 reps
 - Knee Push-Ups - perform these if regular push-ups are too challenging
- Bodyweight Tricep Extensions - 15-20 reps
- Alternating Reverse Lunges - 15 reps each leg
- Glute Bridges - 30 reps
- Side Planks - hold for 30-60 seconds each side
- Superman Hold - aim for 30-60 seconds