

Week 2 Workout B

Perform three rounds of the following exercises:

- Forward Lunges - 20 reps each leg
- Tricep Press-Ups - 10-15 reps
- Plank Shoulder Taps - 10 reps each side
- 1-Leg Glute Bridge - 15-20 reps each leg
- Bicycle Crunches - 20 reps each side
- Flutter Kicks - 20 reps each side
- 1-Leg Calf Raise - 30 reps each leg