

Week 4 Workout A

Perform one round of the following exercises, then rest and perform three more rounds for a total of *four rounds*.

- Burpees - perform as many reps as possible within 30 seconds
- Forward and Back Lunges - perform 10 reps in each direction for each leg
- Cobra Pose - hold the stretch for 30 seconds
- Wide-Stance Squats - perform 20 reps total
- Alternating Side Lunges - perform 20 reps each leg
- Standing Calf Raises - perform 40 reps total
- Wall Sits - hold for the maximum amount of time (goal: 60 seconds)