

Week 4 Workout B

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

- Alternating Stance Push-Ups - perform 20 reps on each side
- 1-Leg Glute Bridge - perform 30 reps each leg
- Plan Shoulder-Taps - perform 20 reps on each side
- See-Saws - perform 20 reps total
- Reverse Crunches - perform 20 reps
- Bicycle Crunches - perform 20 reps each side