

Week 7 Workout A

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

- Burpees x 20 reps
- Forward & Back Lunges x 20 reps each leg
- Side Lunges x 20 reps each leg
- 1-Legged Glute Bridge x 20 reps each leg
- Standing Calf Raises x 30 reps
- Lying Leg Lifts x 20 reps
- Bicycle Crunches x 20 reps each side