

Week 7 Workout B

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

- Tempo Push-Ups (4 seconds down, 2 seconds up) x 20 reps
- Close-Grip Push-Ups x 20 reps
- Split Squats x 20 reps each leg
- Alternating Shoulder Taps x 20 reps each side
- Butterfly Sit-Ups x 20 reps
- Scissor Kicks x 20 reps each direction
- Superman Holds x 60 seconds