

Sevens Workout #4

Exercise	Reps
Alternate Jump Squat to Jump Lunge	30 sec
Down-Dog + Diver Push-Up + Up-Dog	12 total
Towel Crawl	12 total
Push-up + Plank Bird-Dog	12 total
Single-Leg Deadlift	6 each leg
Skull Crusher with Scissors Legs	12 total
Mountain Climbers	30 sec
10 Minute Abs	Time
2 Plank Jacks + 1 Spiderman on each side	45 sec/15 sec rest
Pikes (on Stability Ball opt)	45 sec/15 sec rest
Russian Twists (with weight/ball opt)	45 sec/15 sec rest
Repeat 2 more times!!	
Low Plank Side-to-Sides	1 min