

## Sevens Workout #6

Exercise	Reps
Halleluja's	30 sec
Alt Jump Lunge and Jump Squat	12 each
Dive Bomber Push-up	12 total
Leap Frogs	12 total
Quad Push-ups	12 total
Side Hop Burpee	12 total
Donkey Kicks	30 sec
Core: Basic Mat Pilates Routine	(See link in the blog)