

Sevens Workout #2

Exercise	Reps
Side Animal Crawl	12 total
Weighted Wood Chop	12 total
Single-Leg Burpee	6 each leg
Reverse Lunge & Twist	6 each leg
Single-Arm Kick-Through	6 each leg
Single-Leg Lunge with Upright Row	6 each leg
Mountain Climbers	30 sec
10 Minute Abs	
Time	
Plank with Spiderman and Knees to Opp Elbow	45 sec/15 sec rest
Plank to Inverted V	45 sec/15 sec rest
Cross Crunch	45 sec/15 sec rest
Repeat 2 more times!!	
Plank to T-Plank	1 min