

Sevens Workout #8

Exercise	Reps
Cross Punches + Side Kick (alt sides)	30 sec
Off-set Sumo Squat w/ Side Crunch, alt sides	12 total
Broad Jump + Fast Feet Back	12 total
Skull Crushers w/ Scissors Legs	10 each side
Hi-Low Squat Jumps ("Hot-Colds")	12 total
4 Diagonal Mtn. Climbers + 2 Blast-Off Push-ups	12 total
Front Punches + Front Snap Kick	30 sec
Core: Basic Mat Pilates Routine	(See link in the blog)