

## Sevens Workout #5

Exercise	Reps
Mat Hops	30 sec
Single Leg Lunge w/ Upright Row	10 each leg
Halo Slams	12 each direction
Walking Push-ups	12 total
Woodchops	12 each side
Weight Drop + Burpee + Tuck Jump	12 total
Mountain Climbers	30 sec
Core: Basic Mat Pilates Routine	(See link on workout)