

Sevens Workout #9

Exercise	Reps
Goblet Squats	12 total
Good Mornings	12 total
Walking Push-ups	12 total
Woodchops	12 each side
Weight-Drop + Burpee + Tuck Jump	12 total
Kettlebell Swings	12 total
Face Melters	30 sec
Core: Basic Mat Pilates Routine	(See link in the blog)