

## **Week 6-7**

### **Workout 3**

60s each exercise

- 1 Forward Alternate Lunges
- 2 DB Shoulder Press
- 3 Burpees
- 4 Ski Squat Position with Little Jumps on the spot
- 5 Press Ups
- 6 Squat & Arm Raise

rest 60 sec

x 3-4 rounds