

Workout E

- 20 skater hops/ 30 second V- sit
 - 3 sets
- 10 dive bomber push-ups/ 20 crunches(feet suspended in the air)
 - 3 sets
- 2 minute mountain climbers/ 10 hamstring curl with heels on a towel(wood or tile floor needed)-alternative use could be with a stability ball
 - 3 sets
- 2 minute plank on forearms

