

Sevens Workout #7

Exercise	Reps
Mat Hops	12 total
Bench Squat Jumps	12 total
180 Mountain Climbers	12 each leg
Halo Slams	12 each side
Quad Push-ups	12 total
Break Dancers	12 each side
Decline Bench Run (Face Melters)	30 sec
10 Minute Abs	Time
Seated Knee-ins	50 sec/ 10 sec rest
Russian Twists	50 sec/ 10 sec rest
Full Body V's	50 sec/ 10 sec rest
Repeat 2 more times!!	
Seated Bicycles	1 min