



STAFF WORKOUT

TARA



SLEIGH THE DAY: A LOW-IMPACT HOLIDAY BURN



Repeat 2-3x (You can perform with or without weight)

CIRCUIT 1:

60 sec. Wall-sit

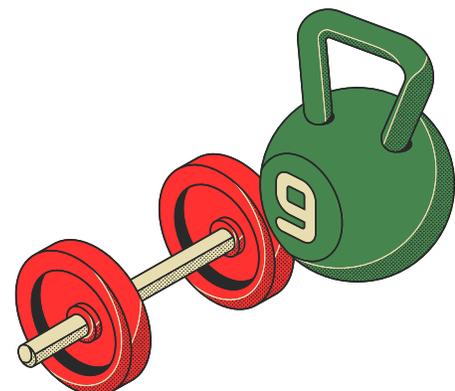
(Lean into a stable wall have feet hip width apart, legs perpendicular to hips, arms straight out)

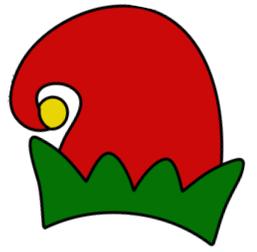
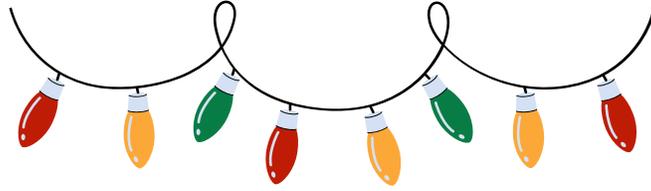
10 V-up

(Lay on back with arms and legs extended out straight, bring arms and legs together, bend knees to modify)

10 Push-ups

(Lay on stomach, arms at chest level and press up using hands and toes, modify can be on knees or standing against a wall)





CIRCUIT 2:

20 Stationary Lunges--each side

(Wide stance with one leg forward and other leg back, lunge down and press back up, make sure front knee does not go over toes)

20 sec Side Plank hold—each side

(Lay on side with bottom arm bent and legs out straight stacked, press up and hold, bend bottom leg to modify)

10 Triceps Bench dips

(Hands beside hips on a sturdy bench, legs extended. Bend elbows to lower body for dips. Bend knees to modify)



CIRCUIT 3:

30 Squats

(Stand with feet hip width apart, sit back in squat and make sure knees don't go past toes, press through heels)

25 Mountain Climbers--with a twist

(In a straight-arm plank, drive knees toward opposite elbows, keeping hips low and core tight. Modify by using a wall)

20 Shoulder Taps

(In a straight-arm plank (or standing at a wall to modify), tap opposite hand to opposite shoulder. Keep hips level, core tight, and legs straight)

