

**Staff Workout:**

**Lauren**



**Circuit 1: (Repeat 3x, wt. if you would like)**

1. **15 Tabletop Crunch (wt. between knees, you can do it without wt. too):**

(Lay on back, legs are in 90 degrees in tabletop position holding, crunch up)

1. **10 Tabletop Crunch & Tap to floor (wt. between knees):**

(Lay on back, legs are in 90 degrees in tabletop position and bring in crunch and then tap to ground)

1. **10 Leg Lifts:**

(Lay on back, hands under butt, legs straight and lift up and down)



1. **20 Bicycle Crunch:**

(Lay on back, opposite elbow hits knee and other kicks out)



**Circuit 2: (Repeat 3x)(Lay on Stomach)**

1. **10 Wide Cobra Pushup:**

(Lay on stomach, arms shoulder width apart and go up with arms with keeping hips down)

1. **10 Close Grip Cobra Pushup:**

(Lay on stomach, arms in a diamond (pointer fingers/thumbs together) and go up with arms with keeping hips down)

1. **30 sec. Hold Elbow Plank:**

(On elbows, dig toes on ground, lift up and hold)



**Name When Completed:**