

**Staff Workout:**

**Stephen**



Super Sets: Do 2 exercises back-to-back with little to no rest. At the end of each set, rest 90 seconds. Repeat 3-4x. Choose a weight that is challenging and that you can stay in control of.

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| Barbell Hip Thrust: 8-10 Reps |
| Bodyweight Bulgarian Split Squat: 12-15 Reps each |
| Bodyweight Pull Ups: 5-10 |
| Dumbbell Lateral Raise: 12-15 Reps |
| Air Bike: 1 mile or 3 minutes |



**Name When Completed:**