

# Lauren's Holiday Fit

## Staff Workout



### 1. Step Split Lunge: (10 reps each side)

(Back foot on **first step at home** and go up and down in a lunge)



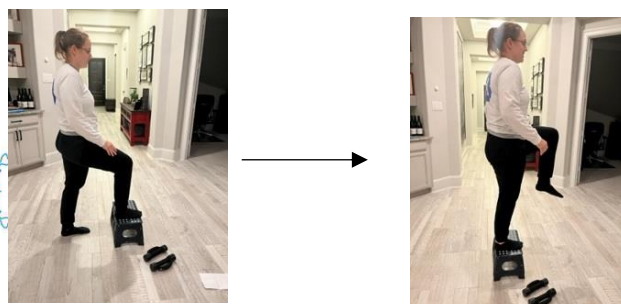
### 2. Step One Foot on Squats: (10 reps each side)

(One foot on **first step at home** and up and down in a squat)



### 3. Step Knee Drive Up: (15 reps each side)

(Same foot on **second step at home** and bring other knee up)



**4. Wide Cobra Pushup: (10 reps)**

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



**5. Close Grip Cobra Pushup: (10 reps)**

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



**6. Figure 4 Leg Lift: (10 reps each side)**



**7. Figure 4 Tabletop Across Body Crunch: (10 reps each side)**



**Repeat 2-3x**