

Tara's Holiday Fit

Staff Workout



1. 12 Push-ups:



2. 15 Plank Jacks:



3. 15 Plie Squats:



4. 20 Mt. Climbers:



5. 12 Tricep Dips:



6. 30 Sec. Wall Sit



7. 20 Bicycle Crunch:



8. 12 Lunges each Side

