

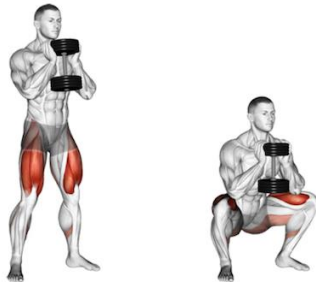
Martina's Holiday Fit

Staff Workout



1. Jump Rope (5x1 min)

2. DB Goblet Squat (4x12)



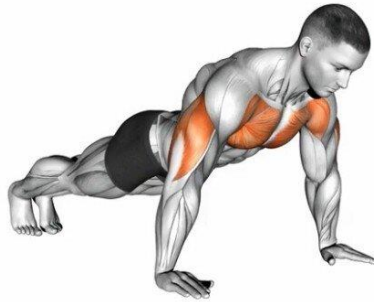
3. DB Bench Press (can substitute for Floor Press) (3x12)



4. Single-Arm KB Snatch (3x8 each)



5. Push-Ups (5x5)



6. Dips (3x8-12)



7. KB Bear Crawl Drag (3x5-10)

