

Taylor's Holiday Fit

Staff Workout



Side Lunges

Sets: 2
Reps: 20
Distance:

Weight: Body Weight
Time:
Intensity:



Single Leg Reach (Rdl)

Sets: 2
Reps: 5-8 each side
Distance:

Weight: Body Weight
Time:
Intensity:



Push-up with Shoulder Tap

Sets: 2
Reps: 6-10
Distance:

Weight:
Time:
Intensity:



Single Leg Bridges

Sets: 2
Reps: 8 each side
Distance:

Weight:
Time:
Intensity:



4-pt Quadruped Leg Raise

Sets: 2
Reps: 8-12 each side
Distance:

Weight: Body Weight
Time:
Intensity:



Adductor Rock Backs

Sets: 2
Reps: 6-8 each side
Distance:

Weight: Body Weight
Time:
Intensity:



T-Spine Mobility - Quadruped Thoracic Rotation

Sets: 2
Reps: 5 each side
Distance:

Weight: Body Weight
Time:
Intensity:

