



STAFF WORKOUT

LAUREN



ABS BEFORE APPETIZERS CIRCUIT

CIRCUIT 1:

Repeat 3x (You can perform with or without weight)

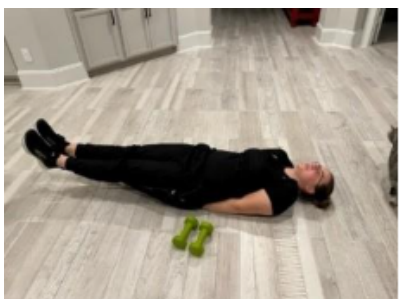
15 Tabletop Crunches (weight between knees) Lay on back, legs at 90 degrees in tabletop position holding, crunch up

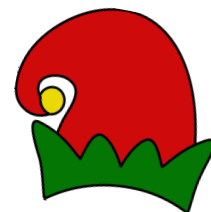
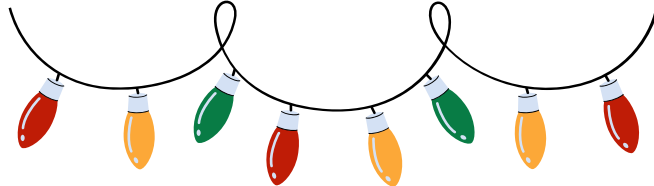


10 Tabletop Crunch & Tap to Floor (wt. between knees) Lay on back, legs are in 90 degrees in tabletop position and bring in crunch and then tap to ground



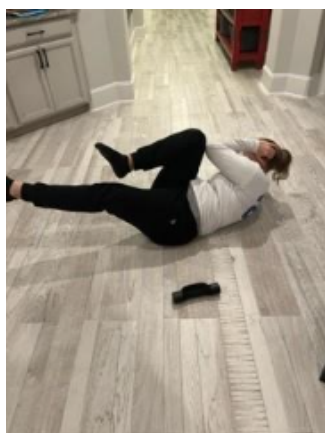
10 Leg Lifts Lay on back, hands under butt, legs straight and lift up and down





20 Bicycle Crunch

Lay on back, opposite elbow hits knee and other kicks out



CIRCUIT 2:

Repeat 3x (Lay on your stomach)

10 Wide Cobra Push-Ups

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



10 Close Grip Cobra Push-Ups

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



30 sec. Hold Elbow Plank

On elbows, dig toes into ground, lift up and hold

