A person wearing glasses and smiling

Description automatically generated

**Staff Workout:**

**Lauren**

A group of colorful lights

Description automatically generated

**Circuit 1: (Repeat 3x, wt. if you would like)**

1. **15 Tabletop Crunch (wt. between knees, you can do it without wt. too):**

A person lying on the floor

Description automatically generated with medium confidenceA person lying on the floor

Description automatically generated with medium confidence(Lay on back, legs are in 90 degrees in tabletop position holding, crunch up)

1. **10 Tabletop Crunch & Tap to floor (wt. between knees):**

A person lying on the floor

Description automatically generated with medium confidenceA person lying on the floor

Description automatically generated with low confidence(Lay on back, legs are in 90 degrees in tabletop position and bring in crunch and then tap to ground)

1. **10 Leg Lifts:**

(Lay on back, hands under butt, legs straight and lift up and down)

A person lying on the floor with her legs up

Description automatically generatedA person lying on the floor

Description automatically generated with medium confidence

1. **20 Bicycle Crunch:**

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

A person lying on the floor

Description automatically generated with medium confidenceA person lying on the floor

Description automatically generated with medium confidence

**Circuit 2: (Repeat 3x)(Lay on Stomach)**

1. **10 Wide Cobra Pushup:**

A person stretching on the floor

Description automatically generated with medium confidence(Lay on stomach, arms shoulder width apart and go up with arms with keeping hips down)

1. **10 Close Grip Cobra Pushup:**

A person squatting on the floor

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

1. A picture containing floor, building, indoor

   Description automatically generated**30 sec. Hold Elbow Plank:**

(On elbows, dig toes on ground, lift up and hold)

A person riding a sled

Description automatically generated

**Name When Completed:**