A person smiling at the camera

Description automatically generated

**Staff Workout:**

**Stephen**

A group of colorful lights

Description automatically generated

Super Sets: Do 2 exercises back-to-back with little to no rest. At the end of each set, rest 90 seconds. Repeat 3-4x. Choose a weight that is challenging and that you can stay in control of.

|  |
| --- |
| Barbell Hip Thrust: 8-10 Reps |
| Bodyweight Bulgarian Split Squat: 12-15 Reps each |
| Bodyweight Pull Ups: 5-10 |
| Dumbbell Lateral Raise: 12-15 Reps |
| Air Bike: 1 mile or 3 minutes |

A person riding a sled

Description automatically generated

**Name When Completed:**