# Taylor's Holiday Fit Staff Workout

# Side Lunges

Sets: 2 Weight: Body Weight

Reps: 20 Time:
Distance: Intensity:



#### Single Leg Reach (Rdl)

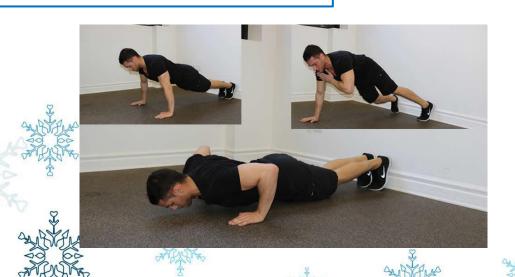
ts: 2 Weight: Body Weight

Reps: 5-8 each side Time:
Distance: Intensity:



# Push-up with Shoulder Tap

Sets: 2 Weight: Reps: 6-10 Time: Distance: Intensity:







Sets: 2 Weight: Reps: 8 each side Time: Distance: Intensity:







# 4-pt Quadruped Leg Raise

Sets: 2 Weight: Body Weight

Reps: 8-12 each side Time:
Distance: Intensity:



Sets: 2 Weight: Body Weight

Reps: 6-8 each side Time:
Distance: Intensity:





### T-Spine Mobility - Quadruped Thoracic Rotation

Sets: 2 Weight: Body Weight

Reps: 5 each side Time:
Distance: Intensity:













