



STAFF WORKOUT

TAYLOR

THE HOLIDAY HUSTLE CIRCUIT



Repeat Circuit 3x

6 Back and Forth Lateral Plank Walks:

(Start in a high plank with shoulders above wrists and abs tight. Walking sideways back and forth)

10 each side Single Leg Hip Bridges:

(Lift hips, squeezing glutes and abs until body forms a straight line from shoulders to knees. Lower and repeat)

8 Pike Push-Ups:

(From a plank, lift hips into an inverted V. Keep arms and legs straight. Lower into a push-up, then return to V)

8 Half Squat Walks:

(Position feet shoulder-width apart, bend knees slightly into half-squat position, walk forward and backwards)

6 Side Plank Rotations:

(Start in a side plank position, lift body off the floor, bring arm above reaching for the sky and then reach underneath and behind your torso)

15 Bench Dips:

(Sit on a sturdy bench, hands beside hips. Lift hips off, bend elbows to 90° to lower, then press back up.)