

Repeat this series 3 times through for a 15-20 minute workout. Pair it with the Rock, Paper, Scissors workout!!

**Equipment needed:**

- Towel (large enough to hold with both hands about 2 ½ to 3 ft apart)
- Backpack or grocery bag filled with cans to the desired weight. (or other dry goods/books)

*Standing square (feet apart as wide as your shoulders. Feet, hips and shoulders in line) Grab the towel with a firm grip and hands placed slightly wider than your shoulders. Feel free to wider your grasp if you need to. The range of motion is limited if your arms are too narrow.*

**Shoulder Pass Through** – Starting with the towel in front resting on your thighs (arms straight), slowly bring the towel above your head and extend back as far as you comfortably can. Some may be able to go all the way around, others may not. Stretch as far as you can. Make it uncomfortable. Do this for 30 seconds, every 3 attempts, try extending a little bit more.

*Squat position – standing square, bend your knees and pretend you are about to sit in a chair (need help...get a chair and put it behind you. If you butt touches the edge, good!) Keep facing forward and your body line vertical. Body line matters for squats.*

**Overhead Squats** – Starting with your arms extended over your head and standing up straight, grasp the towel with the same distanced grip as you had for the previous exercise. (Too narrow will work a different muscle group than we are targeting today) As you squat, lower the towel allowing it to touch the top of your shoulders, not the back of your neck. Hold each squat for 3 seconds, extend your arm back over your head BEFORE you return to a standing position (this works balance and core). Do this or 30 seconds.

*Start with standing in a square you will advance to a staggered stance (think rectangle) Maintain good body line with the spine vertical. Grab the towel with a firm grip and hands placed slightly wider than your shoulders. Adjust width of grasps to aid in balance.*

**Lunge and Twist** – Extend your arms in front of you, straight out from chest. Maintain the height of your extension. Step into a staggered stance with the right foot forward, left foot back, lunge forward allowing right knee to bend, passing over the right knee. Allow left knee to bend slightly towards the floor. Once into a lunge, rotate your arms to the right while maintaining the extended height previously established. Rotate back to center and return to a stand square position. Repeat process alternating between right and left. Continual for 30 seconds.

*Standing square (feet apart as wide as your shoulders. Feet, hips and shoulders in line) Loop your towel through the handles of your bag. Drape the towel over your shoulders and grasp the two ends of the towels in your hands. (You are wearing a super can cape now. Don't laugh. You look amazing!)*

**Tricep Extensions** – Holding onto the edges of your towel and using the soup can bag as weight, point your elbows forward but slightly apart (think 10 and 2 on a clock). Extend your arms over your head slowly. Hold for 3 seconds and slowly return to a relaxed position. Use your triceps, not your wrists to get the motion started. Repeat for 30 seconds. (Want heavier weight? Add more cans!)

Standing square (feet apart as wide as your shoulders. Feet, hips and shoulders in line) Loop your towel through the handles of your bag.

**Upright Row-** Holding onto the edges of your towel and using the soup can bag as weight, point your elbows outward (think 9 and 3 on a clock). Lift the towel straight up towards your armpits. Hold for 3 seconds and slowly return to a relaxed position. This works the opposite muscles from the previous exercise. Want heavier weight? Add more cans!)