

Next Level Fitness – Water Those Weights?

What You Will Need:

- (1) gallon jug filled with water (8.3 lbs. of weight)
- (2) liter jugs filled with water (2.2 lbs. of weight each)
- (2) 16 oz cans of soup or beans (1 lb. of weight each)

Workout:

Do 2 sets of the Exercises listed below. Make sure to warm-up and cool-down before and after any workout!

Time	Exercise
1 Minute	Weighted Russian Twist or Seated Variation
30 Seconds	Weighted Sit Ups or Seated Variation
1 Minute	Bicep Curls with Punch
15 Seconds	Plank or Seated Variation
1 Minute	Weighted Rows
1 Minute	High Crunches or Seated Variation
30 Seconds	Weighted Figure 8s
1 Minute	Bicep Curls with Cross Punches
15 Seconds	Plank or Seated Variation
30 Seconds	Backwards Arm Circles
1 Minute	Crunches or Seated Variation
30 Seconds	Weighted Crunches or Seated Variation
1 Minute	Bicep Curls with Upper Cuts
15 Seconds	Plank or Seated Variation
1 Minute	I – Y – T