

Towel Workout 1 (Arms)

	Exercise	Time
Warm-up	Slow Mountain Climbers	30 seconds
	R Plank Hold	30 seconds
	L Plank Hold	30 seconds
	Lateral Scissors	30 seconds
	Pikes	30 seconds
	Butterfly Crunches	30 seconds
Circuit 1:	3-Count Cobra Raises	30 seconds
Perform 2 times	Kneeling Push-ups	30 seconds
	3-Count Towel Rows	30 seconds
	High Knees	30 seconds
	Incline Close-Hand Push-ups	30 seconds
	3-Count Towel Reverse Fly	30 seconds
	Skaters	30 seconds
Circuit 2:	Towel Front Raise	30 seconds
Perform 2 times	Towel Bicep Curls	30 seconds
	Towel Tricep Kickbacks	30 seconds
	R Single Leg Runners	30 seconds
	Towel Shoulder Press	30 seconds
	Towel Arnold Curls	30 seconds
	Chair Tricep Dips	30 seconds
	L Single Leg Runners	30 seconds
Cool Down	Arm Swings	20 seconds
	Arm Circles Forward	20 seconds
	Arm Circles Backward	20 seconds
	Triceps Stretch R	20 seconds
	Triceps Stretch L	20 seconds
	Behind Back Arm Raise	20 seconds