

Water Bottle Arm Workout

	Exercise	Time
Warm-up	Pikes	30 seconds
	Slow Oblique Mountain Climbers	30 seconds
	Plank Hip Dips	30 seconds
	Right Plank Reach-Through	30 seconds
	Left Plank Reach-Through	30 seconds
	Plank Sliders	30 seconds
Circuit 1:	Supermans w/ Reach & Row	30 seconds
Perform 2 times	5-Count Rows	30 seconds
	5-Count Reverse Flys	30 seconds
	Football Scramble Push-ups	30 seconds
	Chest Press & Fly + Hip Raise	30 seconds
	Ballet Squat + Upright Row	30 seconds
	Skiers	30 seconds
Circuit 2:	Triplane Shoulder Raises + Toe Tapback	30 seconds
Perform 2 times	Hammer Curls	30 seconds
	Tricep Kickbacks	30 seconds
	Jumping Jacks	30 seconds
	Shoulder Press	30 seconds
	Bicep Curl + High Curl	30 seconds
	Overhead Tricep Press + Side Toe Taps	30 seconds
	Pendulum Hopscotch	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