



ALTERNATIVE FITNESS TOOLS WORKSHOP

2 Grocery Bags or Reusable Shopping Bags



Perform each exercise one after the other with minimum amount of rest between exercises. After completing all the exercises, rest for 1-2 minute before beginning the next round. Go for 4-6 rounds for an effective, efficient, and sweaty workout. *3 rounds for beginners, 4 rounds for intermediate, and 5 rounds for advanced.*

- 10-12 Bicep curls
- 10-12 Tricep Kickbacks
- 10-12 Squat with upright row
- 8 Side Lunge with Shoulder Raises

Perform stretches for 10-15 minutes to cool down.

Back Pack (weighted with books or water bottles)

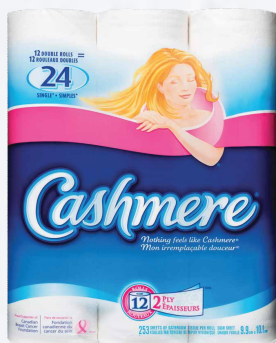


Perform each exercise one after the other with minimum amount of rest between exercises. After completing all the exercises, rest for 1-2 minute before beginning the next round. Go for 3-5 rounds for an effective, efficient, and sweaty workout. *3 rounds for beginners, 4 rounds for intermediate, and 5 rounds for advanced.*

- 8-10 side rotational reverse lunge
- 6 side squat + rotational press
- 10-12 push up + pull through
- 10-12 backpack no impact burpees

This workout should take anywhere between 20-30 mintes.
Perform stretches for 10-15 minutes to cool down.

Toilet Paper (bundle)



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- 15-20 Out-and-In V Taps
- 15-20 Leg Overs
- 15-20 TP Pass Throughs
- 15-20 TP Roll Ups
- 15-20 Russian Twist

Perform stretches for 10-15 minutes to cool down.