

Towel Workout

Done as a circuit, 3 Sets, reps as indicated. I use the discs on carpet in the video, but if you have ceramic, hardwood, or vinyl flooring a folded up towel can be used for all the exercises.

1. Bear with Shoulder Tap and Reach x 6-10 per side
2. Single Leg Chair Squat with Towel Overhead x 10 per leg
3. Side Plank with Bottom Knee In x 10 per leg
4. Lateral Lunge/Reverse Lunge Combo x 8-10 per leg
5. Pole Row x 15
6. Bridge and Curl x 15
7. Push Up with Reach Under x 6-10 per side

Band Workout

On the timer, 45 seconds of work with 15 seconds to transition, 3 Sets of each circuit

Circuit 1

1. Pulldown
2. Walking Deadlift
3. Tricep Extension
4. Marching Bridge
5. Band Crunch

Circuit 2

1. Lateral Raise
2. Walking Lunge
3. Bicep Curl
4. Pulse Squat
5. Pallof Hold (20sec side)

Every Minute on the Minute (EMOM)

Stations have an exercise on the ODD minute and the EVEN minute for 3 Sets (6 minutes). After completing the prescribed number of reps there will likely be 5-20 seconds of rest before the next bell. The video is Station 3, so you can see how it works.

	Station 1	Station 2	Station 3
ODD	Step Up x 10 leg	SL Hip Lift x 10 leg	Cossack Squat x 12-15 leg
EVEN	SA Row x 10 arm	Alt. DB Press x 10 arm	Super Plank x 8-10 side

	Station 4	Station 5
ODD	Jump Squat x 20-30	Burpee x 10-15
EVEN	Climbers x 20 side	Deadbug x 8-10 leg