

THE TOWEL WORKOUT:

EQUIPMENT NEEDED: 1 BATH TOWEL ROLLED UP, 2 HAND TOWELS AND A HARD SURFACE FLOOR. IF YOU ONLY HAVE A CARPETED FLOOR USE 2 PAPER PLATES INSTEAD OF THE 2 HAND TOWELS.

PERFORM THE REQUIRED REPS AND DO 2-3 ROUNDS OF THE WHOLE CIRCUIT

THE WORKOUT:

- 1. TOWEL BACK ROW:** - USE THE LARGE BATH TOWEL ROLLED UP. SIT DOWN AND BEND THE RIGHT KNEE UP TOWARD YOU. PLACE THE TOWEL AROUND THE RIGHT FOOT AND GRAB THE ENDS OF THE TOWEL IN YOUR HANDS. EXTEND THE LEG STRAIGHT. ADDING RESISTANCE WITH THE LEG BENDING THE ARMS TOWARD YOU IN A ROW MOTION. USE THE RESISTANCE OF THE LEG MUSCLES TO MAKE IT HARDER, BUT MAKE SURE YOU ARE USING YOUR BACK MUSCLES TO PULL IN. DO 10-12 REPS WITH IT ON YOU RIGHT FOOT, THEN 10-12 REPS WITH THE TOWEL ON THE LEFT FOOT
- 2. HAND TOWEL MOUNTAIN CLIMBERS:** USE THE 2 HAND TOWELS OR PAPER PLATES IF YOU ARE DOING IT ON CARPET. PLACE EACH FOOT ON A TOWEL OR PAPER PLATE AND PERFORM SLOW OR FAST MOUNTAIN CLIMBERS BRINGING ALTERNATING KNEES AS CLOSE TO THE CHEST AS YOU CAN, KEEPING YOUR SPINE AS NEUTRAL AS YOU CAN. PERFORM 30 REPS OR DO IT FOR 30 SECONDS.
- 3. SINGLE – ARM CHEST FLY:** PUT HANDS ON HAND TOWELS OR PAPER PLATES AND PUT THE BATH TOWEL UNDER YOU KNEES FOR CUSHION. KNEEL DOWN AND GET INTO A PUSH-UP POSITION ON KNEES. SLIDE THE RIGHT HAND OUT TO THE SIDE AS FAR AS YOU CAN AND THEN SLIDE IT BACK INTO CENTER. PERFORM 10-12 REPS ON RIGHT HAND AND THEN 10-12 REPS ON LEFT. IF YOU ARE MORE ADVANCED, YOU CAN SLIDE BOTH ARMS OUT AT THE SAME TIME 10-12 REPS. MAKE SURE YOUR MOTION IS SMOOTH. IF IT'S TOO HARD TO SLIDE BACK IN, REDUCE THE RANGE OF MOTION GOING OUT.
- 4. HAND TOWEL HAMSTRING SLIDE:** LAY DOWN ON YOUR BACK WITH THE HAND TOWELS UNDER YOUR FEET OR PAPER PLATES IF YOU ARE ON CARPET. LEVEL 1: KEEP BUTT ON FLOOR AND SLIDE LEGS OUT TOGETHER AND SLIDE SLOWLY BACK IN. TRY TO EXTEND LEGS AS MUCH AS POSSIBLE. LEVEL 2: LIFT BUTT OFF FLOOR AND SLIDE SINGLE LEGS OUT – ALTERNATING. LEVEL 3: LIFT BUTT OFF FLOOR AND SLIDE BOTH LEGS OUT AT THE SAME TIME-***THIS IS VERY ADVANCED. PERFORM 10 REPS (IN THE CASE OF SINGLE LEGS (10/ EA LEG)

5. **SLIDING ABDOMINAL ROLL-OUT:** **BE AWARE OF YOUR BACK ON THIS ONE AND MAKE SURE YOU KEEP YOUR CORE ENGAGED AND YOUR SPINE NEUTRAL.** PLACE HANDS ON HAND TOWELS OR PAPER PLATES. GET IN KNEELING POSITION W/ YOUR BUTT BACK. SLIDE BOTH ARMS FORWARD UNTIL YOUR TRUNK IS EXTENDED AND ABDOMINALS ARE FULLY ENGAGED. THEN SLOWLY SLIDE BACK IN KEEPING ARMS MOVING TOGETHER. BUTT CAN GO BACK AS YOU SLIDE BACK AS SOON AS IT BECOMES TOO DIFFICULT TO HOLD IT NEUTRAL. MORE ADVANCED METHOD IS TO HOLD THE BACK NEUTRAL UNTIL THE VERY END AND TO GO LOWER AS YOU MOVE FORWARD.
6. **TOWEL ATOMIC PUSH-UP:** PUT FEET ON HAND TOWELS, GET INTO PUSH-UP POSITION ON FEET OR KNEES. PERFORM 1 PUSH-UP AND THEN ON HANDS AND FEET IN PLANK POSITION, SLIDE YOUR KNEES INTO YOUR CHEST. IF YOU ARE DOING PUSH-UPS ON YOUR KNEES, GO BACK TO YOUR KNEES FOR THE NEXT REP. PERFORM 10-12 REPS. (MAKE SURE YOU BRACE)
7. **LATERAL SLIDING LUNGES:** STAND ON HAND TOWELS OR PAPER PLATES. SLIDE RIGHT LEG OUT TO THE SIDE AS YOU BEND THE LEFT KNEE PUSHING THE BUTT BACK AND KEEPING CHEST LIFTED THEN SLIDE IT BACK TO CENTER. MAKE SURE YOU PUSH INTO THE FLOOR FOR RESISTANCE. PERFORM 12-15 REPS ON RIGHT LEG THEN REPEAT ON LEFT LEG.
8. **ALTERNATING BACK SLIDE LUNGE W/ BATH TOWEL SCAPULAR RETRACTION ISO HOLD:** STAND ON HAND TOWELS OR PAPER PLATES. TAKE ROLLED UP BATH TOWEL INTO HANDS ARMS EXTENDED OUT IN FRONT OF YOU. ELBOWS ARE SOFT AS YOU STRETCH THE BATH TOWEL FULLY FEELING CONTRACTION IN YOUR UPPER BACK AND POSTERIOR SHOULDERS. KEEP THE ISOMETRIC HOLD AS YOU PERFORM THE LUNGES. KEEPING LEFT LEG FORWARD, SLIDE THE RIGHT LEG BACK. USING THE RESISTANCE OF THE FLOOR, SLIDE IT BACK TO CENTER, THEN SLIDE THE RIGHT LEG BACK. MAKE SURE YOUR TRUNK STAYS UPRIGHT AND TRY NOT TO LEAN FORWARD. PERFORM 12-15 LUNGES/ EA LEG AND MAKE SURE YOU HOLD THE ISOMETRIC SCAPULAR RETRACTION THE WHOLE TIME.

MAKE SURE YOU WARM-UP BEFORE THE WORKOUT AND STRETCH OUT AT THE END!

HAVE FUN!!