

# SOUP CAN WORKOUT

Stuck at home without weights? Do not fret, there are tools in your home that can help! This is a high rep work out so any light can that fits in to your hand comfortably will work.

## Warm up (start without weight):

- Light Jog in place for - 30 seconds
  - Arm Crosses - 30 seconds
  - Baby Squats - 30 seconds
  - High Knees – 30 seconds
  - Jumping Jacks – 30 seconds
- REPEAT-

## SET 1

- Squat punches (30 sec) – Using Cans, squat while doing cross punches. (Arch your back and keep your knees in line with your ankles. Alternate punches across the body at a steady speed)
- Bent over Fly's (30 sec) – Keeping a straight back, bend at the hips, bring arms straight out from the body until they are parallel with the ground.
- Half boat with Arm Curls (30 sec) – Sitting on your glutes, hinge back into a half sit up, for a more advanced move, lift feet off the ground, while holding that position do bicep curls with the cans.

**-REPEAT SET- Increase speed**

## SET 2

- Glute Kicks (30 sec) - With cans in hand, run in place bringing your feet up high (butt Kicks). Now that you are warm push the intensity, bring your heart rate up.
- Triceps Kick Backs (30 sec) – Hinge at the hips, knees slightly bent, with the cans press your arms behind you in tiny tight movements, do not release the contraction.
- Sit ups with Lat Extension (30 sec) - Laying flat on your back, arms extended overhead, come up into a full sit-up position, pressing cans to the sky as you come up into a full sitting position. Do as many reps as you can in 30 seconds.

**-REPEAT SET-**

## SET 3

- Jumping Jacks w/ shoulder raises (30 sec) – As you jump out, bring the cans straight out at your sides to shoulder height. Do not hyper extend past the shoulder. Arms should be parallel to the floor.
- One leg shoulder press (30 sec) – while standing on one leg, press cans overhead. Do this for 30 seconds then switch legs
- Side Plank Rotation (30 sec) - Start in plank position, rotate to a side plank. As you rotate to each side, grab a can and bring it up straight from the shoulder.

**Great Job! Now remember to stretch, holding each pose for at least 15 seconds.**

