

Milk Jug Upper Body Workout

No dumbbells at home?

Fill empty milk jugs with water or sand to use as weights!

Perform 12 repetitions of the exercises below

and see how many rounds you can complete in 20 minutes!

(keep the lid of the milk jug facing up when performing the exercises)

1.) Bent Over Row

(modification = one arm assisted row)



2.) Traveling Push Up

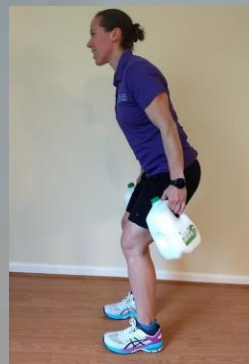
(modification = knee push up)



3.) Hammer Curl



4.) Triceps Kickback



5.) Shoulder Press



6.) Front Raise

