

# Colonial Weekday

## Workout

What you will need:

Mat or Towel

Wine bottle (full!) :-)

Detergent bottle or full handled  
container

Warm Up: Walking Lunges  
Around the House

Sissy Squats: 3 sets / 15 ea.

Sit Ups: 2 sets of 50

Triceps Kickback with  
a full wine bottle - - or  
heaviest bottle you  
can grip safely: 3

sets / 12 ea. each arm

Plie' Squats holding  
a full detergent bottle  
or handle bottle: 3  
sets / 15 ea.

Bridges: 3 sets / 30 ea.

We will get through  
this!

Be Strong. Stay Strong.