

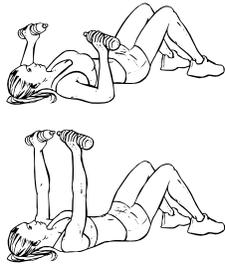
# Resistance

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38 min · Legs

Today, we'll work through 7 of the most fundamental exercises that complete any resistance routine. Fill your bottles to a level that suits you and work through each exercise with a critical eye on your form & lifting tempo. Aim for 3 - 4 seconds per rep & make sure the cap's on

## Water Bottle Floor Chest Presses

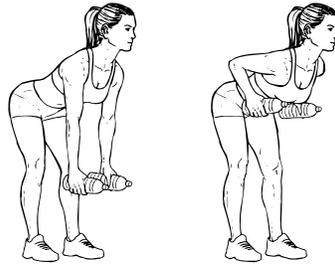


1:00  
rest

3 sets 12 reps 60 sec rest

After warming up, get yourself laid out on a mat and work your way through these presses. Use the instructions!

## Bent Over Two-Armed Water Bottle Rows

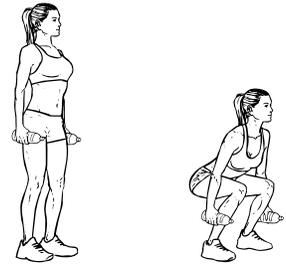


1:00  
rest

3 sets 12 reps 60 sec rest

Now that your front torso has been work, let's flip things up and work that back. Keep your elbows in!

## Water Bottle Squats

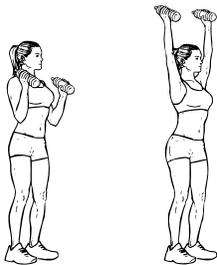


1:00  
rest

3 sets 12 reps 60 sec rest

Taking things down to the lower body now with some leg work. Try to keep your chest upright and eyes forward.

## Water Bottle Overhead Shoulder Presses

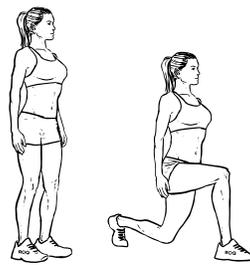


1:00  
rest

3 sets 12 reps 60 sec rest

Keep a bend at your knee and never lock out your elbows in the overhead extension.

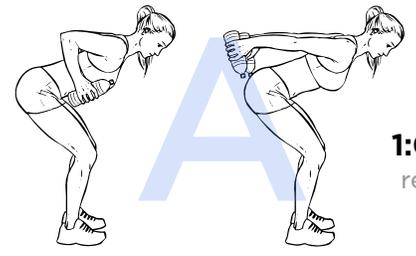
## Alternating Bodyweight Lunges



3 sets 10 reps 60 sec rest

Our final compound exercise of the day. Work your way through these and prepare for the finishing superset.

## Water Bottle Single-Arm Tricep Kickbacks/Kick Backs



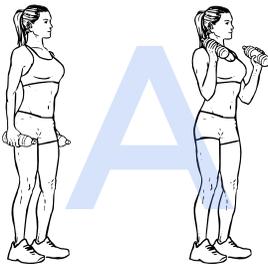
1:00  
rest

1:00  
rest

3 sets 15 reps

**Superset A1** · Do your best to keep your upper torso almost running parallel to the floor here.

## Standing Water Bottle Bicep Curls



3 sets 15 reps 60 sec rest

**Superset A2** · Now you must be building up a nice sweat! That was the intention, right? Curl away!



## Water Bottle Floor Chest Presses

Primary muscle group(s):

**Chest**

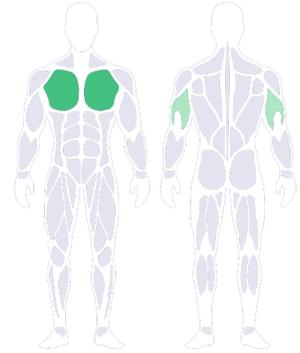
Secondary:

**Triceps**

Place a pair of water bottles on the floor. Lie on your back in between the water bottles. Bend your knees and move your feet towards your butt.

Grab the water bottles and hold them above you. Allow your upper arms to remain on the floor. Begin the movement by pushing the water bottles over your chest. Pause at the top and squeeze your chest muscles.

Slowly bring the water bottles down to the starting position, allowing your arms to rest for a brief moment before beginning the next repetition.



## Bent Over Two-Armed Water Bottle Rows

Primary muscle group(s):

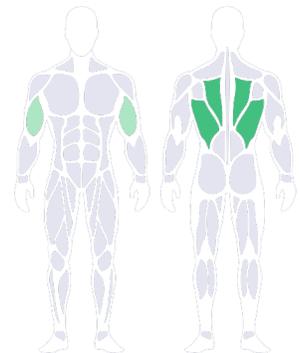
**Middle Back / Lats, Upper Back & Lower Traps**

Secondary:

**Biceps**

Stand tall with a tight core and flat back. Hold a pair of water bottles at your side with an overhand grip. Bend slightly at the knees as you push your hips back. Keep your chest and head up. Upper body should be almost parallel with the floor.

With your elbows at a 60-degree angle, bring the water bottles up. Pause when your upper arm is parallel with the floor. Contract the muscle then slowly return the water bottles to the starting point.



## Water Bottle Squats

Primary muscle group(s):

**Glutes & Hip Flexors, Quadriceps**

Secondary:

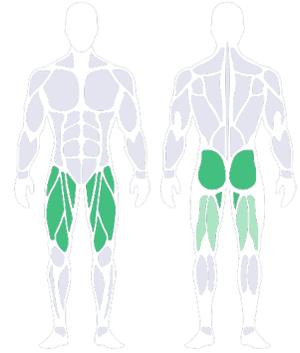
**Hamstrings**

With your feet shoulder-width apart, stand with water bottles as your sides with your palms facing each other.

Keeping your back straight and facing forward, squat down until your thighs are parallel to the floor.

Pause for one second.

Pushing up from your heels, raise back up to starting position and repeat.



## Water Bottle Overhead Shoulder Presses

Primary muscle group(s):

**Chest, Shoulders**

Secondary:

**Triceps**

Holding a water bottle in each hand, stand straight, with your feet shoulder width apart.

Raise the water bottles to head height by rotating your arms forward and up.

Your triceps should be parallel to the floor and your elbows bent at 90 degrees. This is the start position.

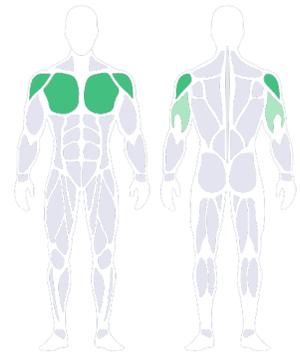
Keeping your back straight and using only your arms, extend through your shoulders and elbows to drive the water bottles straight up, exhaling as you do so.

As your arms reach the fully extended position, bring them in towards each other until the water bottles touch lightly together.

Hold for a count of one, while squeezing your shoulder muscles.

In a controlled movement, return to the starting position, inhaling as you do so.

Repeat.



## Alternating Bodyweight Lunges

Primary muscle group(s):

**Quadriceps**

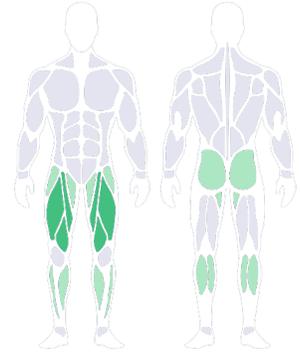
Secondary:

**Calves, Glutes & Hip Flexors**

Stand straight – that's the starting position. Step forward with your left leg and slowly lower your body until your front knee is bent at least 90 degrees, while your rear knee is just off the floor. Keep your torso upright the entire time. Look forward.

Pause, then push off your left foot off the floor and return to the starting position as quickly as you can.

On your next rep, step forward with your right leg. Continue to alternate back and forth—doing one rep with your left, then one rep with your right.



## Water Bottle Single-Arm Tricep Kickbacks/Kick Backs

Primary muscle group(s):

**Triceps**

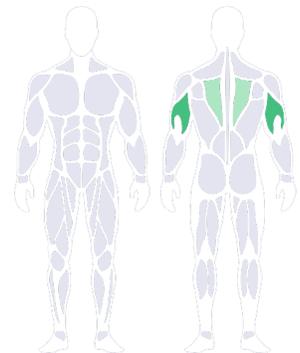
Secondary:

**Upper Back & Lower Traps**

Holding a pair of water bottles with an overhand grip, stand tall with your chest up and core braced. Bend at the hips while keeping your back completely flat.

Once your upper body is parallel with the floor, bring your upper arms to your sides. Begin by pushing the water bottles back and behind you.

Pause at the top of the movement and feel the contraction in your triceps. Slowly lower the water bottles and begin again.



## Standing Water Bottle Bicep Curls

Primary muscle group(s):

**Biceps**

Secondary:

**Forearms**

Holding a water bottle in each hand, stand with your feet shoulder width apart.

Let your arms hang by your side with your palms facing in to the side of your body.

Keep your elbows close to your sides.

Curl the water bottles up towards your shoulders. Do not swing your hips to get the weight moving.

Continue raising the water bottles until they are level with your shoulders with your palms facing in. Your forearm should be in a vertical position.

Squeeze or flex your bicep and hold for a count of one.

Slowly lower the water bottles to the starting position.

