



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

The “Soup Can” Workout

Warmup: March or jog in place for five minutes

Workout: Place several cans in a grocery bag or reusable shopping bag.

12 repetitions per exercise.

A1) Push-up or Wall Push-up

A2) Soup Can 1-arm Row

A3) Bodyweight Squat

A4) Soup Can Stiff Leg Deadlift

A5) Soup Can Overhead Press

A6) Plank or wall plank

Cool down: Slow march in place or walk around the room as you cool down.

Have fun and be well!

***We strongly recommend that you consult with your physician before beginning any exercise program. By using this content, you represent that you understand that physical exercise involves strenuous physical movement and that such activity carries the risk of injury whether physical or mental and you expressly waive and release any claim that you may have at any time for injury of any kind arising out of your participation in a YMCA program.**