

Exercise & Type	Repetitions	Sets	Notes & Details
Move #1 Cardio warmup	1 - 3	1 - 3	Laundry Cardio warmup to prepare for exercise: bring laundry baskets up and down stairs and add 5 jumping jacks in between
Move #2 Lower body resistance	5 – 10	1 for each toilet	Toilets Attention to lower body and core / isometric contractions for inner thighs and glutes
Move #3 Upper body resistance	8 – 12	1 for each tub or shower	Bathtub/Shower Body weight segment for upper back, chest and triceps with attention to core
Move #4 Lower body resistance & low cardio	1 - 3	1 for each floor	Floors Depending on speed and length of this move, this could be used as a great low-end cardio segment
Move #5 Upper body and core	1 - 3	1 for each countertop	Kitchen and bathroom countertops Upper body and core
Move #6 Cooldown	1 - 3	1 for each load	Put your laundry in the dryer, sit down to fold and stretch your arms and legs as you do.