

BATHROOM FITNESS

BEGINNER LEVEL

VISIT 1

REMEMBER!

Before you leave the bathroom,
let's get moving!

- **JOG IN PLACE : 10 SEC**

- **SQUATS: 20 REPS**

- **WALL PUSH-UPS: 10 REPS**

WAIT!

Did You finish your mini workout?

- **JOG IN PLACE : 10 SEC**
- **SQUATS: 20 REPS**
- **CALF RAISES: 30 REPS**

VISIT 3

GOT 30 SEC?

Quickly get done with this
powerful punch

- **JOG IN PLACE : 10 SEC**

- **SQUATS: 10 REPS**

- **TRICEP DIPS ON TOILET: 10 REPS**

VISIT 4

LETS DO IT!

**You got this! Let's make this
bathroom trip count**

- JOG IN PLACE : 10 SEC**
- WALL PUSH UP: 10 REPS**
- TRICEP DIPS ON TOILET: 10 REPS**

BATHROOM FITNESS

PRO LEVEL

VISIT 1

FITNESS RIGHT NOW

Small space, big gains

- **JOG IN PLACE : 10 SEC**

- **SQUATS: 40 REPS**

- **WALL PUSH-UP : 20 REPS**

VISIT 2

YOU MATTER!

Small 30 sec steps, big results

- **JOG IN PLACE : 10 SEC**

- **SQUATS: 40 REPS**

- **CALF RAISES: 40 REPS**

VISIT 3

YOU GOT THIS!

**Short 30 sec break, big impact.
Let's go!**

- **JOG IN PLACE : 10 SEC**

- **SQUATS: 10 REPS**

- **TRICEP DIPS ON TOILET: 10 REPS**

VISIT 4

WAIT!

Every rep counts, even in the bathroom!

- **JOG IN PLACE : 10 SEC**

- **SQUATS: 10 REPS**

- **CALF RAISES : 20 REPS**

- **TRICEP DIPS ON TOILET: 15 REPS**

VISIT 5

YOU GOT THIS!

Short break, big impact. Let's go!

- **JOG IN PLACE : 10 SEC**
- **WALL PUSH-UP: 20 REPS**
- **TRICEP DIPS ON TOILET:
15 REPS**