

The MugMasters Mug Workout Routine

Keep your arms toned and your beverages close with our patented Mug Workout Routine:

1. Mug Curls: Hold your mug filled with your favorite beverage. Curl it towards your mouth and take a sip. Repeat 10 times.
2. Mug Rotations: Hold your mug out in front of you and slowly rotate it in circles. This improves wrist flexibility and mixing capabilities.
3. Mug Balancing: Place your mug on the back of your hand and see how long you can balance it.

Caution: Start with an empty mug!

Remember: A mug in motion stays in motion!