

Start

Arm
workout

Do you
have a
gym to
go to?

Yes

Are
there 2
10 lb
weights
?

Yes

Do 3 reps of
15 curls for
each arm.

No

No

Do 3 reps of
20 pushups.

Shake it out

Drink plenty
of water

End

Do you
have two
1 gallon
jugs?

Yes

Fill up with
liquid

No

No

Do you
have two
10 lb
weights?

Yes

Go to a
spacious
area.