

# The Terrible Towel

Perform each move for 60 seconds of work with 15 seconds of rest between moves:

	Exercise	Work	Rest
1	1-Leg Towel Waves <i>Left</i>	60s	15s
2	1-Leg Towel Waves <i>Right</i>	60s	15s
3	Hands-Elevated Towel Alternating Pushup ISO Row	60s	15s
4	Lateral Stance Contralateral 1-Arm Towel Row ISO <i>Left Arm, Right Leg</i>	60s	15s
5	Lateral Stance Contralateral 1-Arm Towel Row ISO <i>Right Arm, Left Leg</i>	60s	15s
6	Split Stance Level Change Towel Tornadoes <i>Left</i>	60s	15s
7	Split Stance Level Change Towel Tornadoes <i>Right</i>	60s	15s
8	2-Leg Towel Leg Press-Biceps Curls	60s	15s
9	Sweepers + Level Change	60s	15s
10	1-Leg Towel Leg Press-Biceps Curls <i>Left</i>	60s	15s
11	1-Leg Towel Leg Press-Biceps Curls <i>Right</i>	60s	15s

That's 1 round that takes 14 minutes to complete. Perform up to 2 total rounds. Feel free to rest 1-2 minutes between rounds if needed.

