First fill your backpack with some textbooks and dictionaries. Do each exercise for 1 min. With 20 second rest in between. Repeat twice.

**BEND OVER ROW**
Exhale while pulling the backpack to your abdomen. Squeeze your shoulders at the top, inhale while lowering to start position.

**OVERHEAD TRICEP EXT.**
With the backpack behind your head exhale while pulling up, lock your elbows at the top, inhale while lowering to start position.

**BICEP CURL**
Exhale while raising the backpack up. Squeeze your biceps at the top, inhale while lowering to start position.

**STEP UPS**
Exhale while stepping up, inhale stepping down. Step up with one foot and come down first with the same foot. 1 min. for each foot.

**RUSSIAN TWISTS**
With your legs off the ground and holding the backpack close to your chest. Rotate your torso side to side keeping your neck aligned with your body.

**PLANK**
Make sure your back is flat and brace your core.