



**I don't have any fitness equipment to use at home.
What can I do to continue working out?**

ANSWER:

Working out at home is as easy as you make it. You don't need heavy weights or fancy machines to get a good workout right in the comfort of your own home. Body weight exercises are a great way to keep up with your routine; all you need is a space large enough to move around in and a mat or towel. You can also use some things you may have around the house to add a bit of a challenge. Don't believe us? Hold a cup of water in your hand, with your arm straight out to your side. Don't bend it. How long can you hold it?

Here are some basic exercises you can do at home.



1. **Squats** - if you feel unstable, put a chair behind you and simply sit down and stand up

2. **Push-ups** - these can be done on the floor from the toes or knees; or even against the wall

3. **Lunges** - if your balance isn't great, hold onto the end of a chair and complete the lunge from this position; for a more challenging exercise, try walking lunges around the room

4. **Dumbbell Rows** - you can use a large jug or a soup can to add weight

5. **Plank** - these can also be performed from the toes or knees or from the hands or on the elbows

6. **Jumping Jacks** - adds a bit of cardio to your workout

7. **Triceps Kickback** - perform standing or seated; you can also use cans for added weight

8. **Bicep Curls** - perform standing or seated; you can use cans for added weight

As these exercises become easier, challenge yourself by adding more repetitions. You can also add a jump to your squat or lunge or challenge yourself by performing these movements for a set amount of time instead of for a set number of reps.

To add some cardio, take a brisk walk around your neighbourhood or visualize that your property is a track and walk some laps. Walking or running up the stairs is also a great way to add some cardio into your day.

Regardless of what exercises you perform, always remember to take safety precautions. Warm up before you begin. Cool down when finished. And add some basic stretches to avoid any injury.

You can find additional exercises that can be done within the comfort of your own home on our [Recreation at Home](#) webpage.

