


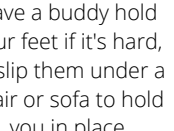









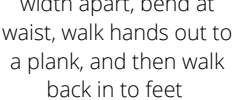


# WORKOUTS FOR HOME



*The only bad workout is the one you didn't do*

Try these at-home workouts that don't require any equipment

Abs	Legs	Arms	Cardio
<b>Crunches</b> 	<b>Squats</b> Change it up with narrow- or wide-standing squats, or hold a weight	<b>Push-ups</b> <b>Beginner?</b> Try push-ups with hands on the wall, setting feet further from the wall each day to build arm strength 	<b>Burpees</b> 
<b>Sit-ups</b> Have a buddy hold your feet if it's hard, or slip them under a chair or sofa to hold you in place 	<b>Lunges</b> 	<b>Tricep Dips</b> Use a chair or bench for more challenging, lower dips 	<b>Jumping Jacks</b> 
<b>Plank</b> To plank longer, keep your feet moving, or balance one foot atop the other, core tight 	<b>Leg Raises</b> <b>Try it 2 ways!</b> Standing Lying on your side 	<b>Shoulder Tap</b> 	<b>Step-ups</b> Use a sturdy chair, stool, or stairs 
<b>Wall-sit</b> 	<b>Fire Hydrants</b> 	<b>Inchworm</b> With feet shoulder-width apart, bend at waist, walk hands out to a plank, and then walk back in to feet 	<b>High Knees</b> 