

Fun At Home Exercises!

These exercises are a great way to keep you active at home, or wherever you are! They don't need much equipment and they are quick and easy!

Cardio:

- Jumping Jacks
- Mountain Climbers
- High Knees
- Run/Jog in Place
- Jump Rope

Abs:

- Crunches
- Side Crunches
- Sit Ups
- Russian Twists
- Plank

Arms:

- Push Ups
- Arm Dips
- Bicep Curls with Water Bottles (or whatever else you can find at home)
- Burpees

Legs:

- Squats (many variations)
- Lunges (many variations)
- Crab Walks
- Glute Bridge