

Body-Weight Exercises No Gym Required



You don't need a gym membership to get an effective, safe, and fun strengthening workout. High-intensity exercises using only your own body weight can be conveniently done almost anywhere. These exercises activate stabilizing muscles that may not get attention when using machines or dumbbells, helping to support balance for daily activities like climbing stairs, squatting, twisting, and reaching. Try these exercises during your next workout:



Squats

Stand with your feet hip-width apart and place your weight on your heels. Inhale, push your hips back, and lower yourself down toward the ground. Exhale, return to standing, and repeat.



Superman

Lie on your stomach with legs and arms extended. Exhale while tightening your ab muscles and raise your arms and legs a few inches off the ground. Hold briefly, then inhale, slowly lower, and repeat.



Bridges

Lie on your back with your knees bent and feet flat on the floor. Tighten your abs, exhale, and lift your hips up off the ground. Inhale, slowly lower, and repeat.



Chair Push-ups

Place your palms flat on a chair and slowly lean forward. Hold for one second, straighten your arms to return to the start, and repeat.