

# **TRICKS TO NAIL THAT HOME WORKOUT**



**(without gym equipment)**

By Angela Boone

## **SQUATS AND LUNGES**

Grab that laundry basket, hold it above your head and lunge away! Remember: wet clothes weigh more than dry clothes.

## **ABS**

Lay on the floor with your arms behind you. Hold onto the foot of sturdy couch/chair or table to stabilize your body.

## **PECS, TRICEPS AND BICEPS**

Use two, 1 gallon orange juice/milk containers (refill with water to your desired weight) for those bicep curls, tricep extension, and chest press exercises.

## **QUADS, HAMSTRINGS AND GLUTES**

Do step-ups using a sturdy stool, bench, or deck (pick a safe height for your fitness level). Try it with your arms overhead for maximum core engagement, or hold those gallon jugs by your side.

*Consult a physician before performing this or any exercise program.*