

Three Workouts for the Home

1 - Simple Exercises for All Ages

Chair squats: Stand in front of a chair with your feet shoulder-width apart. Bend your knees, lowering your hips back, keeping weight in your heels and your chest upright. Start by sitting into the chair and standing back up 10 to 12 times. If this is easy, hover above the chair then return to standing.

Counter push-ups: Place your hands on the edge of a counter, just beyond shoulder-width apart. Lower into a pushup then press back up. Repeat 10 to 12 times. For more of a challenge, walk your feet farther away from the counter.

Chair triceps dips: Sit upright in a chair with your hands on the armrests, elbows bent at 90 degrees. Straighten your arms, lifting your body off the chair. Hold briefly. Then lower yourself down. Use your legs to balance. Repeat 10 to 12 times.

Calf raises: Begin in a standing position. Rise up onto your toes, hold briefly, then lower back down. Repeat 10 to 12 times. Place one or both hands on a table or chair for more support. For an added challenge, perform on one leg at a time.

2 - Yoga Moves for Relaxation and Flexibility

Simple cross-legged position: Relax and be in the moment. Place your hands on the tops of your legs for extra grounding.

Cat-cow: Start on your hands and knees with your wrists directly under your shoulders and your knees directly under your hips. Inhale and lift your heart up to the ceiling, arching the back, coming into cow pose. As you exhale, round the spine into cat pose.

Humble warrior: Begin with your right leg forward, knee bent over ankle, and left leg straight and strong behind, foot turned out to a 45-degree angle. Clasp both hands behind your lower back. As you bend your chest forward inside of your right knee, bring your arms overhead. Repeat on the opposite side.

Camel: Kneel with hips over knees and toes tucked (or flat for more of a challenge). Place your hands on the small of your back and slowly drop your head and shoulders backward toward the wall. If comfortable, reach down to hold the heels of your feet.

Reclined cobbler: Lie on your back. Bend your knees, opening your thighs out to the side and bringing the soles of your feet together. Place one hand on your heart and the other hand onto your belly. Breathe here for five to seven minutes.

3 - Exercises for Small Spaces (Most Challenging of 3 Workouts)

Set 1:

- Plank, one minute
- Bridge, 10 reps
- Side plank, 30 seconds each side
- Windmill toe touches, five reps per side: With feet placed just beyond hips width and arms extended to the sides, reach your right arm down the floor between both feet, left arm up to the sky, bending at the hips and keeping your knees straight. Switch sides.
- Single-leg deadlift, five reps per side: Stand with your feet together and shift your weight to the right foot, keeping a slight bend in the knee. Hinge at the hips, tipping your upper body toward the floor as you simultaneously drive your left foot back while keeping your left leg straight. Pull your left leg forward while keeping it straight and raise your torso up to stand. Repeat on opposite leg.
- Repeat set.

Set 2:

- Burpees, 10 reps: Stand with your feet shoulder-width apart and your arms at your sides. Squat. Place your hands on the floor in front of you. Jump your feet back so you are in a push-up position. Do a push-up. Jump your feet back into a squat. Jump up in the air with your arms over your head.
- Squat to overhead fly, 10 reps: Stand with feet shoulder-width apart and arms by your side, holding small weights or cans. Sit back into a squat position, pause and raise arms out to the sides and overhead to touch, palms facing up. Lower arms and return to a standing position.
- In and out squat jumps, 10 reps: Stand with feet together, hands touching in front of your chest. Jump the legs outward and descend into a squat, then jump the legs inward into another squat and repeat.
- Turtles, 20 reps: Lie on stomach holding an object in one hand. Lift your legs and arms simultaneously off the ground and pass the object behind your back as you extend the opposite arm to grab it, then extend the arms forward to pass it off in the front.
- Lateral jumps, 20 reps: Stand with feet together, knees slightly bent. Jump side to side, keeping knees bent when you land.
- Woodchops, 10 reps: Stand while holding a jug of water in both hands straight in front of you. Squat and twist towards your right knee, touching the jug to your knee with straight arms. Bring the jug up and across your body with straight arms. Rise onto your toes as you twist your torso and lift the jug above your left shoulder. Reverse the twist and bring the jug back down to starting position.
- Repeat set 3 times.