

5 Ways To Exercise At Home

written by CPH Insurance | June 16, 2016

Wouldn't it be stupendous to be able to enjoy all of the benefits of going to the gym without actually having to go to the gym and use that sweat-soaked equipment? As awesome as this might sound, this is possible when working out at home. Since exercise is a necessity for a healthy body and mind, many people are using exercises that do not require equipment in order to get those flat tummies and toned legs.

With these 5 easy-to-do exercises that you can do from home, you will no longer have an excuse to avoid working out!

Pushups – Most people think pushups are for people who are being punished after all of the movies that have associated them with the quote, “Drop down and give me 50.” The truth is that pushups are great for anyone who wants to tone up and build a bit of muscle. If you're a beginner, just do what works for you; you don't need to be a powerhouse to benefit from pushups. Do them on your knees if you have to. Eventually, you will build up your arm strength and your chest will get a pump as well.

Jumping Jacks – We remember as kids we would always be doing jumping jacks. They look easy, but they will give you one heck of a cardio workout! Try doing jumping jacks for increments of ten seconds and work your way up from there. If you really want to make it interesting, try doing a double-clap jumping jack!

Crunches- Do you want abs? Who doesn't? Those sexy toned flat-bellied abs... Oh yes! This is the best exercise for anyone who wants to strengthen their core and burn the fat off of their tummy. If you can't get your whole body off of the ground, don't worry. As long as you are feeling the burn in your belly, you'll still get the benefits of this exercise.

Dancing- Salsa? Mamba? Dare we say... twerking?! So you think you can dance? Well, that's exercise! Dance around a bit! That's cardio! Move that body and shake what your mamma gave ya! Not only will you get the cardio benefits of dancing, but you will also work out muscles throughout your body as well.

Light Weight Lifting – You want to be strong like Arnold? No need to buy heavy iron dumbbells when you have household items that can be made into makeshift weights. Save your milk containers or gallon what jugs and fill them up to the appropriate weight you need. Laundry detergent bottles will work too!