

Make Your Home YOUR GYM

SIMPLE EXERCISES TO KEEP YOU FIT

In the dead of winter, sometimes the last thing you feel like doing is putting on multiple layers of clothing and heading to the gym. The solution can be simpler than you think. Below are three exercises you can do while in hibernation.

Perform each exercise until you exhaust your muscles and then move on to the next one. Repeat this circuit as many times as you can in 20 to 30 minutes for a fast and effective full-body workout.

—THE COMPLETE BODY PERSONAL TRAINING TEAM

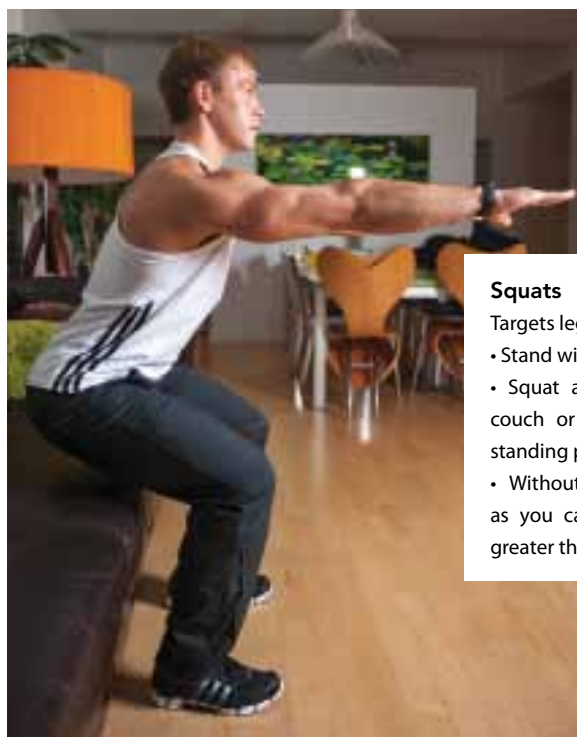
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Plant to Push-Up

Targets chest, shoulders, triceps, abdominals and core.

- In a plank position, balance your body on your forearms and toes while tightening your abs, pulling your stomach in.
- Hold for 10 seconds and move into a push-up position—onto your palms and toes—without changing the rest of your body position.
- Do a push-up, then return to the initial plank position without changing your body position.
- Repeat, completing one push-up every 10 seconds for as long as you can.



Squats

Targets legs, butt and cardio.

- Stand with your back to a couch or chair.
- Squat and push your buttocks back into the couch or chair until it touches, then return to standing position.
- Without stopping, complete as many squats as you can. (The lower the couch or chair, the greater the challenge.)



Shoulder Press

Targets shoulders and arms.

- Stand with your knees slightly bent and your palms facing in and just in front of your shoulders. Raise your hands toward the ceiling until both elbows are straight.
- Return your hands to the initial position and repeat.
- Complete as many arm extensions as you can.

To increase difficulty, hold a small object of 2 to 5 pounds in each hand (such as a can of food or a filled water bottle).



Photographed by Lana De Doncker.