

# 7099 Best At-Home Exercises: With Equipment

## Lower body

### Dumbbell Step-Up

Level: Beginner



You will need a stool on a non-slip surface or a staircase. Stand holding dumbbells in your hands, palms facing inward. Pull shoulders down and back. Step on the platform with your foot firmly pressed on it. Push off with the other leg to raise your body up, lifting your knee up. Slowly step backwards. Switch sides.

### Dumbbell Front Squat

Level: Intermediate



Stand with feet slightly wider than hip-width, toes slightly outward. Hold dumbbells by your sides, palms facing inward. Pull shoulders down and back. Curl the dumbbells just in front of your shoulders. Hinge at the hips and bend your knees so that they are behind

your toes. Keep your core tight, back flat. Exhale and return to start position.

### Single-arm, Single-leg Romanian Dead Lift

Level: Advanced



Stand with feet together, dumbbell in left hand. Keep core tight, back flat. Inhale and slowly lift your leg off the floor as you bend forward at the hips. Allow your left (dumbbell) arm to straighten

toward the floor. Do not let the torso rotate. Exhale and slowly come back to standing position. Repeat on other side.

### Stability ball bridge

Level: Intermediate



Lie on your back, placing the backs of your lower legs and heels on the top of a stability ball. Keep your core tight and

press your low back into the floor. Keep your arms out to your sides with palms pressing against the floor. Exhale and lift your hips up toward the ceiling. Do not let your back arch. Inhale and slowly lower back to starting position.

## Upper body

### Stability Ball Chest Fly

Level: Intermediate



Sit on a stability ball or lie on a mat holding dumbbells in each hand. Slowly walk your feet away from the ball until

your head, shoulders, and upper back are rested on the ball. Press your shoulder blades into the ball and feet into the ground. Push your hips up. Press the dumbbells upward directly above your chest. Inhale and slowly lower the dumbbells in a wide arc until they are at chest level. Return the dumbbells toward the ceiling.

### Triceps Kickback

Level: Beginner



Hold dumbbells in your hands. Stand with feet hip-width apart and slowly lean forward. Bend your elbows, bringing your upper arms parallel and close

to your torso. Your forearm should hang vertical to the floor. Exhale and slowly straighten your elbows. Do not let your upper arm rise. Inhale and slowly bend your elbow, returning to starting position.

### Dumbbell Lateral Raise

Level: Beginner



Stand holding dumbbells at your sides, palms facing your body. Exhale and slowly raise dumbbells up and out to your sides until arms are at shoulder level,

parallel to the floor. Inhale and gently lower the dumbbells back to starting position.

### Hammer Curl

Level: Intermediate



Stand holding dumbbells at your sides, palms facing your body. Exhale and slowly bend elbows until the dumbbells are in front of your shoulders. Inhale and gently straighten elbows and lower dumbbells back to starting position.

### Single-Arm Row

Level: Intermediate

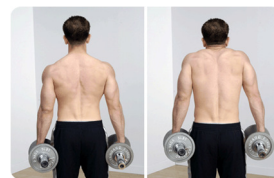


Stand holding a dumbbell in one hand. Exhale and slowly pull dumbbell toward your side body. Keep your arm close to your body. Inhale and gently lower the dumbbell

to starting position. Keep the back straight and strong, core tight. Repeat on other side

### Standing Dumbbell Shrug

Level: Intermediate



Stand in a split-stance position holding dumbbells in your hands, palms facing your body. Exhale and slowly shrug your shoulders upward. Do not

allow shoulders to rotate. Keep the elbows straight. Inhale and lower shoulders back to starting position.

## Abs

### Stability ball knee tucks

Level: Advanced



Begin in all-fours position with torso on the ball, and hands and feet on the floor. Slowly walk your hands forward until your feet come off the

floor. Continue walking out until your front thighs and knees are on top of the ball in plank position. Keep your core tight. Exhale and slowly bend your knees towards your chest. The ball will roll forward as your knees tuck in, and hips lift toward ceiling. Inhale and straighten legs, rolling the ball back to plank position.

### Seated Trunk Rotations

Level: Beginner



Sit as tall as possible on floor with knees bent, feet together, heels on floor. Hold a medicine ball or dumbbell close to your navel and ribcage. Exhale and slowly rotate your torso to one side, keeping the weight “glued” to your torso. Repeat movement on other side, back and forth.

To make it advanced, lean slightly back while keeping your torso erect.

### Half-Kneeling Wood Chop

Level: Beginner



Begin kneeling on the right knee, left foot forward, holding a medicine ball or dumbbell in both hands. Slowly bring the weight towards the left shoulder, high and behind you, but do not

rotate your torso. Your chest, hips, and head should face forward the whole time. Slowly bring the weight down and across to your right hip. Keep the weight close to your body at all times. Repeat on other side.

### Stability Ball Russian Twist

Level: Advanced



Sit on a stability ball with feet flat on the floor. Slowly tuck your tailbone, curling the spine. Walk your feet

away from the ball until your head, shoulders, and upper back are resting on the ball. Knees should be 90° and shoulders and upper back should have firm contact with the ball at all times. Extend arms over chest, reaching arms toward the ceiling, hands together. Exhale, slowly rotate your torso and arms to one side. Come back to center, and repeat on other side.

Source: <http://www.acefitness.org/>

# Best At-Home Exercises: No Equipment

## Lower body

### Forward Lunge

Level: Intermediate



Stand with feet together. Slowly lift one foot off the floor and shift your body weight onto the lead foot, placing it firmly on the floor. Try not to tilt or sway the upper body. Focus on a downward movement of your hips towards the floor, avoid driving your hips forward. Lower your body until your front thigh is parallel to the floor, knees behind toes. Keep your back straight. Firmly push off with the front leg. Repeat on other side.

### Inverted Flyers

Level: Advanced



Stand with feet hip-width apart. With the right foot planted to the ground, lift the left knee to hip height. Keep the core tight. Lean forward on the right hip as you extend the left hip behind you. Reach the right arm forward and left elbow back. Simultaneously straighten the left elbow and left knee. Repeat on other side.

### Side Lying Adduction

Level: Beginner



Lie on your side with your

legs straight away from your body. Your hips and shoulders should be stacked up and aligned vertically to the floor. Slowly bring your lower leg forward until it is front of your upper leg. Exhale and raise the lower leg off the floor until the hips begin to tilt or when you feel tension in your lower back. Do not allow the hips to roll forward or back. Inhale and slowly return to starting position. Repeat on other side.

### Side Lying Hip Abduction

Level: Beginner



Lie on your side with your legs straight

away from your body. Your hips, shoulders, and feet should be stacked up and aligned vertically to the floor. Exhale and raise the upper leg off the lower leg until the hips begin to tilt or when you feel tension in your lower back. Do not allow the hips to roll forward or back. Inhale and slowly return to starting position. Repeat on other side.

## Upper body

### Push-Up (with single-leg raise)

Level: Advanced



Start in a plank position with hands directly under shoulders. Slowly bend the elbows, lowering your chest to the floor. Keep the core tight and back flat. Straighten the elbows, pressing upward through your arms. (Optional: as you straighten the arms, lift

one foot off the floor, keeping the knee straight. Repeat alternating legs each time).

### Mountain Climbers

Level: Advanced



Start in a plank position. Bring your left foot

forward so that your left thigh is in toward your chest. Lift your right knee off the ground. Keeping your hands firmly on the ground and core tight, jump to switch leg positions. Both feet leave the ground as you drive your right knee forward and reach your left leg back.

## Supine Pelvic Tilts

Level: Beginner



Lie on your back with knees bent and both feet flat on floor. Arms are out to the sides, in a “T”

postion, palms facing up. Exhale and press your lower back into the floor. Do not lift your hips or let your tailbone roll up off the floor. Inhale and tip your pelvis in the opposite direction creating an arch in your lower back.

## Supermans

Level: Beginner



Lie on your stomach with legs

outstretched behind you. Reach your arms overhead with palms facing each other. Keep your head aligned with your spine (face down). Exhale and slowly reach both legs and both arms away from your torso and lift a few inches off the floor. Inhale and lower your legs and arms back to starting position.

## Abs

### Side Plank (with bent knee)

Level: Beginner



Lie on your right side with your knees bent and legs stacked on top of each other. Keep your core tight. Your right elbow is bent and directly under

your shoulder. Lift hips up and hold. Repeat on other side.

### Supine Reverse Crunches

Level: Intermediate



Lie on your back, arms spread out to the sides with palms facing down. Exhale and slowly lift your feet off the floor, raising your knees directly above hips. Bend the knees to 90°.

Slowly raise your hips off the mat, rolling your spine up and pressing your feet to the ceiling. Inhale and lower your spine and hips back to starting position.

### Bird-dog

Level: Intermediate



Come to a hands and knees position so knees are under hips, and wrists are under shoulders. Keep your core tight, back flat. Lengthen the left leg off the floor until it is parallel to the floor and at hip height. Simultaneously raise

and lengthen the right arm at shoulder height. Lower yourself back to starting position and switch sides.

### Inchworms

Level: Advanced



Stand with feet together. Exhale and bend forward with knees slightly bent. Lower your torso towards the floor until you can place your hands on the floor in front of your body. Slowly walk your hands forward until you reach a push-up position where your spine, head, and hips are level with the floor. Perform one full push-up. Slowly walk your hands back to your feet and back to a standing position.

Source: <http://www.acefitness.org/>