



50 exercises you can do at home

(adapted from SELF magazine: October 3, 2017 by Bari Lieberman, C.P.T. and Alexa Tucker)

CAUTION: Always consult your physician or physical therapist prior to starting a new exercise program.

1. Squats
2. Reverse lunges
3. Lateral leg raises
4. Marching glute bridge
5. Spider-man mountain climbers
6. Skater hops
7. Donkey kicks
8. Standing oblique crunches
9. Single-leg glute bridges
10. Donkey whips
11. Wide grip push-ups
12. Froggers
13. High knees
14. Plank jacks
15. Side lunges
16. Side step squats
17. Lateral plank walks
18. Forward to reverse lunges
19. Push-ups
20. Jump squats
21. Forward lunges
22. Plank ups
23. Squat jacks
24. Burpees
25. Single-leg reach and jumps
26. Hip bridges
27. Fire hydrants
28. Power lunges
29. One-legged balance taps
30. Trunk rotations
31. Single-leg kickbacks
32. Bicycle crunches
33. Plank taps
34. Side kicks
35. Bear planks
36. Forearm side plank twists
37. Alternating knee-to-chest
38. Single-leg walkout to push-ups
39. Diamond push-ups
40. Plank with trunk rotations
41. Bird dog crunches
42. Down dog abs
43. Side plank dips
44. Mountain climbers
45. Plank hops
46. Side plank rotation with kicks
47. V-ups
48. Dead bugs
49. Sit-ups with a twist
50. Jumping lunges