

# Strength training without a gym



## Everyone knows the value of cardiovascular exercise.

But did you know strength training is equally important? It is! The good news is that it's easy to work muscle building into your routine. Here are a few simple exercises you can do without special equipment.

**Squats.** This powerhouse exercise is not only excellent for your lower body, it's a metabolic booster!

1. Stand with your feet shoulder width apart, arms at your sides or held out in front of you.
2. Slowly lower your body as if you are sitting in a chair until your thighs are parallel to the ground.
3. Push yourself up until you're back where you started.
4. Repeat 10 times on each side.

Remember to keep your back straight throughout the exercise. Hold a weight, ball or whatever you have handy for added resistance.

**Bicep Curls.** A must-do upper body exercise, bicep curls will tone and contour your arms in a hurry!

1. Stand with your feet shoulder width apart, palms facing out, elbows next to the body.
2. Bend your elbows and curl arms up to shoulders.
3. Lower and repeat.

You can do this using an exercise band, weights or even cans of soup!

**Planks.** Every good strength-training regimen includes exercises aimed at the core — the muscles around the middle of your torso that affect posture and balance. This is one of the best!

1. Lie face down on the floor resting on your forearms, palms flat.
2. Push up off the floor, raising yourself onto your toes while resting on your elbows.
3. Tightening your abs and keeping your back straight hold for 10 seconds.
4. Return to starting position.

As you get stronger, try holding for 20 seconds, then 30. When even that gets easy, add more repetitions.

Get all the benefits of strength training without a gym membership.

