

Home gym

Get started at home with the three basic exercises. No special equipment needed.

1. Wall Push-Ups



Start with your hands equal distance, shoulder width apart. Keeping your shoulders back and chest out, push away from the wall keeping your elbows close to your body. When you get to the top of the movement your elbows should be slightly bent, avoid locking your elbows. Return to the starting position in a controlled manner. Complete 8-10 reps, 2-3 times.

2. Sit to Stand



Maintaining a tall posture with shoulders back and chest out, begin by squatting down to the seat itself. Ensure your knees track behind your toes and your bodyweight is on your heels throughout the movement. After entering a completely seated position for a brief movement, squat back up to the starting position applying the same posture. Complete 8-10 reps, 2-3 times.

3. Glute Bridge



Start in a lying down position with your knees bent. Push your hips up towards the ceiling until they are in line with your knees. Squeeze your glutes and core at the top of the movement while keeping alignment with the knees. After a brief pause at the top of the movement, bring your body back to the floor in a controlled manner. Complete 8-10 reps, 2-3 times.