**Ideas for Strength Exercises at Home**

At a time when we need to keep a physical distance from others, there are great ways to strengthen your muscles without equipment.

1. **planks**
   - Lie facedown with forearms on the floor. Extend your legs behind you and rise up on toes. Keep your body straight, tighten stomach muscles or core and hold the position for 30 to 60 seconds (or as long as you can) while keeping good form. Work up to 1 plank.

2. **lunges**
   - Stand with your hands on hips and your feet hip-width apart. Keep your upper body straight with your chin up and your shoulders back and relaxed. Step your right leg forward and slowly lower your hips until your left (back) knee is close to or touching the floor and bent at least 90 degrees. Make sure your front knee is directly above your ankle. Return to the starting position and repeat on the other side. Work up to 3 sets of 10 lunges on each side, with 1 minute rest in between.

3. **leg raises**
   - Lie on your back, with your legs straight and together. Keep your legs straight and lift them all the way up to the ceiling, keeping your lower back touching the floor. Hold for a moment, return your legs back to the floor. Work up to 3 sets of 10 leg raises, with 1 minute rest in between each.

4. **push-ups**
   - Place your hands on the floor directly under your shoulders. Your body should form a straight line from your ankles (or knees for modified push-ups) to your shoulders. Squeeze your stomach muscles (abdominals) as tight as possible and keep them contracted for the entire exercise. Lower your body until your chest nearly touches the floor, keeping your elbows tucked close to the sides of your body. Pause, then push yourself back to the starting point. Work up to 3 sets of 10 push-ups, with 1 minute休息 in between each.

5. **tricep dips**
   - While sitting at a chair, place your hands over the edge of the seat, keeping knuckles pointing forward, your legs out in front bent at a 90-degree position, and feet pointing forward. Slowly bend your elbows to 90-degree angle, lowering your butt towards (but not touching) the floor. Keep your shoulders down and elbows close to your sides at all times. Pause, then return to sitting at the edge, while keeping pressure on the heel of your hands. Work up to 3 sets of 10 tricep dips, with 1 minute rest in between each.

6. **calf raises**
   - From a standing position, slowly rise up on your toes, keeping knees straight. Hold briefly, then come back down. Repeat. Tiptoeing can add a greater range of motion. Work up to 3 sets of 10 calf raises, with 1 minute rest in between each.

7. **supermans**
   - Lie faceup with your arms and legs extended. Squeeze your stomach or core muscles. Keeping the torso as still as possible, raise your arms and legs at the same time to form a small curve in your body. Hold for 3-5 seconds. Gently lower yourself back to the starting position and repeat. Work up to 3 sets of 10 supermans, with 1 minute rest in between each.

8. **wall sits**
   - Slide your back down a wall until your thighs are parallel to the floor. Keep your body straight. Hold for 30 seconds. Work up to 3 sets of 10 wall sits, with 1 minute rest in between each.

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