

Weatherproof workouts you can do at home



Seasonal weather can be unpredictable, and extreme temperatures, storms, and other weather events can disrupt even the most committed fitness plan. To help your fitness routine weather the storm, we've put together this full-body workout you can do without ever leaving the living room.

The warm-up

Before you begin your workout, get your heart rate up. We recommend 3-5 minutes of light movement, like walking or jogging in place, or active stretching.

The workout

To get the most out of this workout, do each exercise 6-8 times, working up until you can complete three sets of 6-8 repetitions (also known as reps). You can complete three sets of each exercise in a row, or try circuit training! Complete one set of each exercise in a row, then repeat the circuit up to two more times.

1. Chest

Beginner: Modified push-ups

Place your palms on the floor or a mat so that they are positioned slightly wider than your shoulders. Rest your knees on the ground and pull your belly button up into your spine so that your back stays flat. Lower your upper body down with your arms until your elbows are at a 90-degree angle, then exhale as you push back up slowly, focusing your energy on pushing up through your chest. Repeat 6-8 times.



Intermediate: Push-ups

To make this exercise more challenging, lift your knees off the ground and balance on your toes instead of on your knees. [See this video.](#)



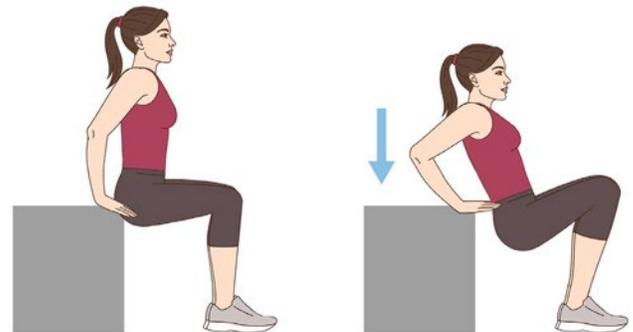
2. Back

Beginner: Cat cow

Place your hands and knees on the floor or a mat, making sure that your knees are directly under your hips, and that your palms are directly under your shoulders. Inhale as you slowly lift your head and your tailbone, creating a U-shape curve in your spine, and flex your feet so your toes are on the ground. Hold. Then, exhale as you drop your tailbone and your head, and drop your feet so the tops of your feet rest on the ground. Hold. Return to a neutral spine. Repeat. [See this video.](#)

Intermediate: Bird dog

To make this exercise more challenging, while maintaining a neutral spine and neck, lift your left arm and your right leg until they are parallel with the ground, making sure to keep your back flat throughout the entire motion. Hold. Then, release your arm and leg to the floor. Repeat with the right arm and the left leg, then release to the floor. That is one rep. Repeat 6-8 times. [See this video.](#)



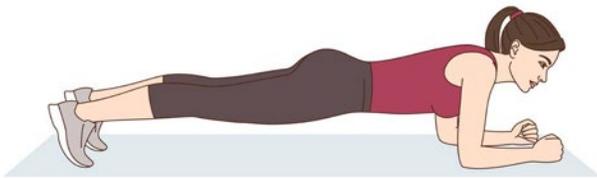
2. Arms

Beginner: Bent leg dips

Sit on the edge of a bench or a wide, sturdy, and flat chair (you can also use the bottom of the stairs). Put your palms near the edge of the chair with your fingers facing forward. Keep your legs bent enough that your feet rest flatly on the floor in front of you. Slide your seat off the edge of the bench and, using your arms, lower your tailbone toward the ground, pausing when your elbows reach a 90-degree angle. Push yourself back up until your elbows are nearly straight. Repeat 6-8 times. [See this video.](#)

Intermediate: Straight leg dips

To make this exercise more challenging, straighten your legs out in front of you so that your heels are the only part of your feet that are on the ground.



4. Core

Beginner: Plank pose

Place your forearms on the floor or a mat, with your elbows positioned directly underneath your shoulders. Straighten your legs out behind you, and lift your hips off the floor so that your toes and palms are the only things touching the ground. Try to keep your hips high so your body makes one line from your heels to the top of your head. Hold for 30-60 seconds.

[See this video.](#)

Intermediate: Plank with leg raises

To make this pose more challenging, lift one foot off the ground at a time, making sure to keep the belly lifted and the lower back flat. Hold at the top. Lower the lifted leg. Repeat on the other side. That is one rep. Perform this exercise 6-8 times. [See this video.](#)



5. Legs

Beginner: Squats

Stand with your feet planted flat on the ground, about shoulder-width apart. Your feet should be wider than your hips. Turn your toes slightly out. In one smooth motion, bend your knees to lower your seat, and lean forward at the waist, as if you are going to sit in an invisible chair. Be sure to keep your knees from extending past your toes. When you've squatted as long as you can, stand up slowly. Repeat this exercise 6-8 times. [See this video.](#)

Intermediate: Stationary lunge

To make this exercise more challenging, place one foot flat on the ground and take one large step back into a lunge position, balancing on the ball of your back foot. From this position, lower your back knee until the knee is just above the ground. Hold. Lift your knee up, back into the lunge position. Repeat this exercise 6-8 times. Switch legs and perform the same number of repetitions on the other side. [See this video.](#)



6. Glutes

Beginner: Glute bridge

Lay on your back on the floor or a mat. Plant your feet flat on the floor. Your heels should be close enough to your seat so that if you reach down, the tips of your fingers are able to graze the backs of your heels. Keep your hands down by your sides. Press up through your heels and lift your hips off the ground as high as you can, holding at the top. Make sure not to turn your neck to either side while your hips are lifted. Lower your hips back to the ground. Repeat this exercise 6-8 times. [See this video.](#)

Intermediate: Single leg glute bridge

To make this exercise more challenging, straighten one leg out in front of you and use the other leg to lift your hips into the air. Repeat the exercise 6-8 times, then perform the same number of repetitions on the other side. [See this video.](#)



7. Lower legs

Beginner: Heel raises on the floor

Stand near a doorframe or wall with your feet planted firmly on the floor. Using the doorframe or wall for balance, press your heels off the floor, lifting them as high as you can, coming up onto your tippy-toes. Hold at the top for a moment, then release your heels back to the floor. Repeat this exercise 6-8 times.

Intermediate: Stationary lunge

To make this exercise more challenging, stand with the balls of your feet on a small step or ledge. Allow your heels to sink down lower than the balls of your feet. Press up to lift your heels as high as you can, then lower back down slowly. Repeat this exercise 6-8 times.