

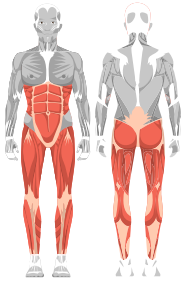
At Home Workout

Here are 5 basic exercises that can be done in your home to help keep or develop your fitness. These exercises can be done with or without weights!

Beginner: Try performing each exercise for 5-15 reps with 30-60 seconds of rest after each exercise, completing all 5 exercises 3-5 times.

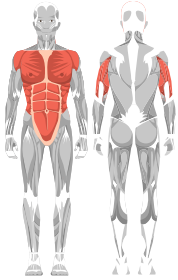
Intermediate: Complete each exercise for 5-15 reps for 3-5 rounds, while only resting after each round.

Advanced: Try doing each exercise for 10 reps and drop it by one rep each round until you do 10 rounds (10,9,8,7,etc...). Time yourself and try to beat your time next time or start at a higher rep number like 15 or 20.



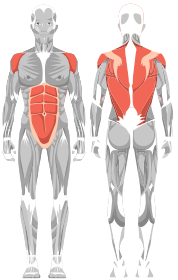
Squat

Important for mobility, lower body strength, and whole-body functionality. Check out this [video](#) to see how to properly do a squat. To modify this exercise, try a [sit to stand](#) exercise.



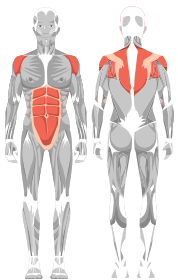
Push-Up

Important for upper body pushing strength, shoulder mobility, and posture. Check out this [video](#) to see how to properly do a push-up. To modify this exercise, try a [kneeling push-up](#).



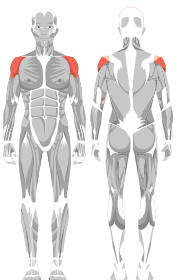
Reverse Snow Angel

Important for upper body pulling strength, shoulder mobility, and posture. Check out this [video](#) to see how to do a reverse snow angel.



I's, Y's, & T's

Important for upper body stability, mobility, and posture. Check out this [video](#) to see how to do your I's, Y's & T's.



Six Way Shoulder

Important for upper back and shoulder stability, mobility, and posture. Check out this [video](#) to see how to do six way shoulders.