

# Your Home As A Gym

Contributed by Admin  
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## Home Workouts!

1) The Plank: Place both feet on the seat of the chair and form a 'table' with your body by placing your elbows on the floor in front of the chair. You may take the help of a soft towel or mat if your floor is solid. Ensure your back straight and your whole body forms a straight line. Keep your core muscles tight and remain in this position for up to one minute.

Usefulness: This total body exercise will work your core muscles and your upper body.

2) Pushups: start with the plank position. But instead of elbow balancing place your hands on the floor with shoulder wide apart. Then begin the pushups with your feet remaining on the chair. Ensure the straightness of your body while doing this exercise.

Outcome: Your chest muscle will be toned.

3) One-Legged Squats: stand on one leg in front of the chair with your back towards the seat. Place one of your legs on the seat and start balancing. Gradually, lower your hips as far as you can, taking help of your muscle on your leg on the floor. Once to the maximum position repeat this.

Benefits: This is another great action to target your gluteus maximus muscle, as well as your hamstrings and quadriceps. You will also work on your balance.

Random Tip: Maintain the beginning posture and bring both forearms half way up, keeping them parallel to the floor. The fists should point upwards. Just curl the fist up and down several times in a controlled move of the small wrist joint. Make sure to keep the wrist in line with the forearm.

Must Read: Arms Muscle Building Workouts at [http://www.weightloss-health.com/arm\\_muscle\\_building.htm](http://www.weightloss-health.com/arm_muscle_building.htm)

4) Triceps Dips: with your palm resting on the side of the seat, sit on the chair. Next slide your body out from the chair to ensure your palms support you. Gradually, move your body down, using your triceps to lower yourself and rise up again.

Benefits: You will feel a good burn in the back of your arms (triceps). For an added challenge, you can also put your feet on the seat of another chair or on an exercise ball.

5) Front Raises: Stand up and grip the two front legs of the chair strongly. Gradually, raise the chair from waist to your shoulder level and return to the same position. And continue the position for at least 15 seconds.

Benefits: This exercise will help you target your frontal deltoids as well as your biceps. It is a form of strength training.

No Excuses: don't quit at this stage. With some creativity you can use some of the household objects for your exercises. This will activate and reinvigorate your body and muscle in a new way. This will also encourage going on rather than retiring to some somber. No matter you have got time to visit and afford a gym, you can still use your home and common household articles for some exercises. Always make sure of the right postures and techniques to avoid injury. Also ensure you take some rest in between workout than fall into the detrimental trap of over-training.

Random Tip: Eat some protein rich diet during those workouts. Take ample amount of rest.