

EXERCISE WITH EVERYDAY EQUIPMENT AT HOME

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Working out at home has plenty of perks - no commute, a bevy of online workouts to choose from, and a couch to throw yourself on after you sweat it out. Of course, there are always two sides to a coin, and there are several drawbacks, especially if you're dealing with a makeshift home gym situation.

After all, not everyone has dumbbells, kettlebells, bands, and so on lying around their house. Plus, not having to sacrifice space to store such items is one of the appeals of getting a gym membership.

However, since your fitness haven is inaccessible for the unforeseeable future, what you can do is to look instead for home gym equipment alternatives. The following are a few common household items that work as good alternatives the next time you are in a pickle.

1) Blankets/ Towels



For those who refuse to invest in a yoga mat, it's completely understandable - simply lay down on a towel or blanket on the floor instead. (The thicker it is, the better!) You can even incorporate towels in your full-body workouts, as an alternative for gliding discs. Make use of your towels or blankets as you engage yourselves in various workouts including mountain climbers, hamstring curls, and even V-sits! The possibilities are endless!

2) Gallon Jugs of Water/Buckets



No dumbbells, no problem! There are so many alternatives to dumbbells, which are not only convenient but also prove to be effective!

My personal favourite would be the use of buckets - where you have the freedom to choose how heavy you want it to be, much like a dumbbell.

Kickstart this workout by filling $\frac{1}{4}$ of the bucket, and slowly increase the amount of water as you get more accommodated to the use of buckets. Some workouts you may do with the bucket include bucket squats, bucket press, and bucket front raise.

Simply click [here](#) if you wish to learn more about the different types of workouts, and how to carry them out. I assure you that there will be no regrets!

3) Walls!



That's right, you do not need any physical equipment with you if you wish to work out.

When there's a will, there's a way! Some exercises which would tone your muscles include wall push-ups - (you may opt to make use of both of your hands or one, and distance yourself from the wall as much as you can), glute bridges, wall sits, and many more.

This is just one of those exercises where you can kill two birds with one stone - get that hot bod while tuning in to your favourite shows!

4) Stairs



Sometimes, you may feel the need to get a wisp of fresh air and feel that home workout and jogging will not cut it. If you think you have heard this before, you may be wrong!

There is so much more to stairs than merely climbing up and down, step by step. Of course, that is effective, but there are various other workouts you can do on the stairs.

Not only can you do mountain climbers on the flight of stairs, but you can also alternatively do the step-up to reverse lunge exercise. [Here](#), you will find a variety of workouts you may be interested in doing on the stairs.

5) Juggle Virtual Challenge



Alternatively, if you feel that none of the above workouts are intriguing enough for you, feel free to join us in the Juggle Virtual Challenge organized by U Sports, during the entire span of July. All you need to do is record 15 seconds of yourselves juggling any item as many times as you can, and post it in the comments section of our [Facebook page](#).

Adapting to home workouts may initially sound hard, but hard work always goes a long way.

Ultimately, it's all of us against a virus.

If you think there are other workout modifications we have missed out on, feel free to comment below!