Working Out without Equipment

Working out without a gym or lots of equipment can seem like a daunting task. Here are some tips to help ease the stress.

1. Utilize what you have on hand (milk jugs, cans of food, backpacks, furniture, luggage, boxes)
2. Get creative with it. Many things in your house can be used in creative ways when it comes to working out.
3. The internet is your friend! Utilize YouTube, Instagram, and even a quick Google search can help you find ideas. (Make sure the site is a credible site)
4. If your workout is too easy either add more repetitions or some extra rounds to your workout.
5. Utilize AMRAP. As many reps as possible is a technique that has you performing a certain exercise for a set length of time and the goal is to do as many reps as you can in that timeframe.
6. Lastly, whatever you do, make sure you enjoy doing it. If you don't enjoy it you will be less likely to stick with it!

Have fun!