

Home Workout with Household Items

No equipment for a home workout? Take a closer look at some of the items in your home that might help you ramp up your workouts! Try these!

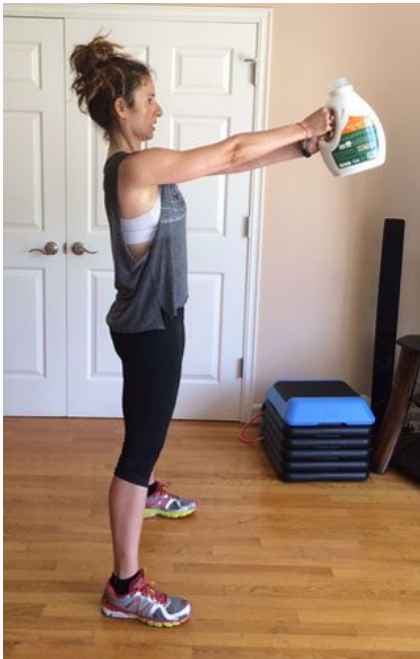
1. **Towels** - Use a towel as a resistance band to enhance your stretching. Try two towels under your feet to do mountain climbers, or try a plank position while moving your feet out and in for a killer core exercise!



2. **Stairs** - Use either indoor or outdoor stairs for step ups - either forwards or to the side, calf raises, or even incline pushups!



3. **Water or Detergent Bottles** - fill them up and use them as dumbbells or as a kettlebell! Or try soup cans as small weights.



4. **Backpack** - Use a back pack as a weighted vest to increase resistance for body weight exercises. Fill it up with heavy items and try doing squats or lunges, or even wear it on your walks or hikes for an added challenge..

