

No equipment? No problem! Here are two workouts to get you moving no matter where you are.

*Workout 1*

1. Squats <https://www.youtube.com/watch?v=R0vJBTrzLac> 3 sets to fatigue. If balance is a problem, that’s ok! Just perform them sitting down onto a stable chair like this <https://www.youtube.com/watch?v=5yxfzyzEzBY>
2. Modified Push-Ups <https://www.youtube.com/watch?v=WcHtt6zT3Go> 3 sets to fatigue. It’s ok if you can’t get all the way to the ground, just do your best!
3. Supermans <https://www.youtube.com/watch?v=z6PJMT2y8GQ> 3 sets to fatigue
4. Glute Bridge: <https://www.youtube.com/watch?v=_leI4qFfPVw> 3 sets to fatigue. If this is too easy, you can do a Single Leg Glute Bridge <https://www.youtube.com/watch?v=3NXv0Nany-Q>
5. Bird Dog <https://www.youtube.com/watch?v=wiFNA3sqjCA> 3 sets to fatige

*Workout 2*

1. Reverse Lunge <https://www.youtube.com/watch?v=QOVaHwm-Q6U> 3 sets to fatigue. Do these next to a stable chair just in case you need help with balance.
2. Modified Push-Ups <https://www.youtube.com/watch?v=WcHtt6zT3Go> 3 sets to fatigue
3. Single Leg Romanian Deadlift <https://www.youtube.com/watch?v=gz9l8UA_KXs> 3 sets to fatigue. Do these next to a stable chair just in case you need help with balance.
4. Modified Side Plank <https://www.youtube.com/watch?v=K2VljzCC16g> 3 sets to fatigue, same time on each side
5. Dead Bug <https://www.youtube.com/watch?v=4XLEnwUr1d8> If you’re having trouble keeping your low back on the ground, you can just do these as a hold in the starting position. Keeping your knees slightly past your hips will make the hold more challenging. 3 sets to fatigue