

NO GYM, NO PROBLEM
 MODEL CASIE KEYES | PHOTOS BY MATT CORNELIUS

A regular exercise routine can be transformative, and the benefits go far beyond the possible changes to our appearance. A healthy body is often followed by a healthy mind, a healthy level of confidence and a healthy outlook for the future. Whether you prefer strength training, high intensity and cardiovascular training or focus shifting flexibility training, make a commitment to get your body moving in 2022 and experience a whole new you. If you can't get to the gym, don't let that stop you. Here are a few exercises to get you started at home.



Tree Pose is great for balance and improves posture. It also stretches and strengthens the core as well as ligaments and tendons in the feet.

yogga



Pigeon Pose improves hip mobility and flexibility and stretches your lower back.

Yoga is a type of exercise proven to improve mental and physical health. Through breathing exercises, postures and mindfulness, yoga can build strength, increase flexibility and improve respiration, balance, attention and energy. There are many types of yoga, from slow and calming to hot power yoga. Each provides great benefits, so consider finding a practice that will help get you to your goals.

Boat Pose builds ab and core strength and works the hip flexors as well as improving balance.



Dolphin Pose stretches and builds strength in the arms, shoulders and upper back and improves flexibility in spine, hamstrings, calves and foot arches.

Upward Facing Dog

stretches the chest, lower back and abdominal muscles and builds strength in the wrist, shoulders and triceps.



Strength Training can increase metabolism to help you burn more calories, protect your joints from injury, improve bone health, maintain muscle tissue and control body fat. For a five-day workout routine, consider alternating three days of strength training with two days of cardio and use the other two days of the week for active rest and recovery. Here are some ideas for some great strength training exercises.

Strength

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Romanian Deadlifts are a great exercise to strengthen hamstrings, glutes and your lower back.



Dumbbell Squats work quads, glutes, adductors and your lower back.



Shoulder Press is a simple exercise that primarily strengthens the front deltoid muscle.



Bent Rows benefit multiple muscles in the back including the lats, traps and rear deltoids



Chest Flyes primarily strengthen chest muscles but have the added benefit of developing front deltoid strength as well.



interval TRAINING

High Intensity Interval Training (HIIT) is short bursts of exercise with brief intervals of rest. This is a great option for those seeking to lower their body fat, heart rate and blood pressure. HIIT has also been known to lower blood sugar and improve insulin sensitivity. HIIT is a great option for those struggling to find the time to fit in a workout, because these workouts can deliver great benefits in less time. Here are ideas for some great HIIT exercises.

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 MODEL WHITNEY FUQUA | PHOTOS BY MATT CORNELIUS

Tricep Dips

not only strengthen your tricep muscles as their name implies, but they also benefit your pectoral and trapezius muscles as well.



Russian Twists

are a great exercise which strengthen your core, obliques and spine, test your balance and trim your midsection.



Bulgarian Split Squats build strength in the quads, hamstrings, glutes and calves as well as providing a challenge to your core as you try to maintain balance.



High Knees are great cardiovascular and endurance builders. Done between strength exercises, they help maintain an elevated heart rate for fat burning and challenge and improve coordination.



Step Ups activate the quads, hamstrings, glutes and adductors, building overall leg strength and improving balance and stabilization.

