

Cheat Sheet: Simple Home Workout Hacks

Whether you're in a pinch for time or need to save that gym membership money, working out at home can be an effective and cost-saving alternative. Here's how you can use what's laying around the house to build muscle and get your heart rate up.



use for
Bicep curls
Tricep curls
Overhead presses



Home "Weights"

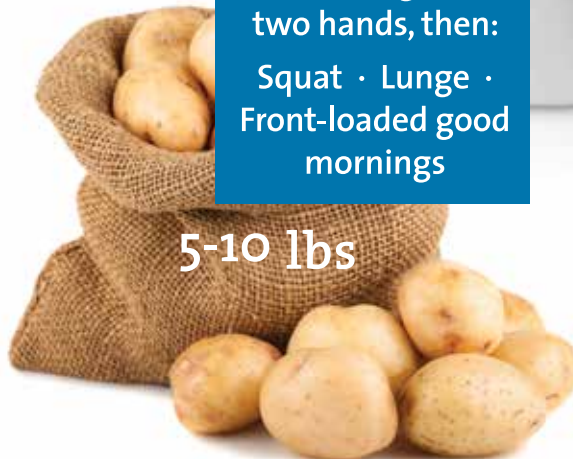


use for
Hold a bag with two hands, then:
Squat · Lunge · Front-loaded good mornings



weight varies

use for
Deadlifts



5-10 lbs

Home "Equipment"

STAIRS

Run them, walk them, they're the original stair climber
Use the bottom step for calf raises

A CHAIR

Tricep dips
Step up (and down)

A WALL

Wall sits
Wall-assisted push ups

STEP STOOL

Bulgarian split squats
Decline mountain climbers