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.

**Home “Weights”**

- **5 lbs**
  - Bicep curls
  - Tricep curls
  - Overhead presses

- **5 lbs**

- **5-10 lbs**
  - **use for**
    - Hold a bag with two hands, then:
      - Squat · Lunge · Front-loaded good mornings

- **5-10 lbs**
  - **use for**
    - Deadlifts

### 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

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