

Hello students and families! I hope everyone is doing well and staying safe!

I'm guessing you are starting to feel a just a little cooped up and stuck at home, like we all are. Maybe you feel like you might be going a little crazy. No worries, so is everyone else!

What would I suggest everyone do? You already know the answer...exercise! No more excuses like time, homework, or your job, because you probably aren't going anyway. You are stuck in your house, probably wasting hours and hours on Instagram, when you could be using exercise to keep your body and mind fresh.

For now, these are just resources and suggestions, soon these will likely be grades for class. I am going to start suggesting due dates for activities. Again, for now they aren't graded. If this quarantine continues on like we all expect it too, they will be graded, and I want you to start getting into the habit of it now.

I have included several articles outlining some great, currently free, fitness resources. Read through each article and use these as a resource to find:

1. A fitness tracking app that you can use to track your exercising.
2. A youtube channel of your choice with 20-30 minute exercise videos you can complete at home.
3. Regular items around the house you can use as exercise equipment.

You aren't limited to the information in the articles. If you can't find what you need in them, branch out and do your own research. Maybe you already have an app or workout channel that use that isn't on the list.

Finally, workout! Everyone should shoot for 3-5 workouts this week ranging from 30-60 minutes each. Get your family and siblings involved to bring the energy up. Post up in the google classroom what you are using, and how. Motivate each other!

I hope everyone is hanging in there!

Mr. Delany



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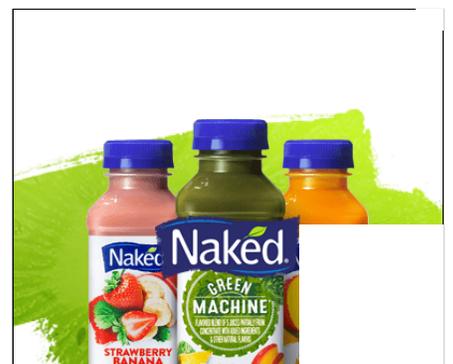
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The best YouTube channels for getting in shape at home

No need for an expensive trainer or gym membership when you have YouTube.



Alina Bradford [Twitter icon](#) July 10, 2019 9:32 AM PDT



Want to get fit? Try one of the thousands of workout videos on YouTube.

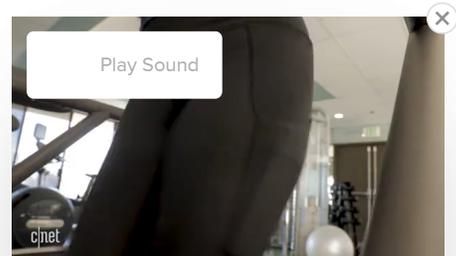
Cassey Ho/Blogilates

Whether you don't have the money for a personal trainer, don't have time for the gym or are staying home as a precaution to not get sick, you can still get great workouts anywhere you are thanks to YouTube.

YouTube fitness channels are the new workout DVD. The videos are free to watch, easily to pull up any place you have a Wi-Fi connection and offer a huge variety of exercises, from aerobics and pilates to bootcamp and boxing. No matter your fitness goals, you'll be able to find something on YouTube to help you get there. Here are 10 of the best fitness channels on YouTube.



Now playing: Tech essentials for fitness buffs ▶ 1:06



Tech essentials for 00:15 / 01:07

"Heat" by Kelly Clarkson and "Pony" by Ginuwine -- with dance moves that help you break a sweat and have fun doing it.

Without Me - Halsey | Caleb Marshall | Dance Workout



Unlike other dance workout videos, the Marshall makes the moves easy for the less coordinated (like me!) and peppers in humor to make you laugh while you work. The best part is his backup crew, which includes people of different shapes, sizes and ethnicities.

Popsugar Fitness

No matter where you are on your fitness journey, you'll find a good cardio workout on the [Popsugar Fitness channel](#). It is divided up into categories so you can find just what you're looking for -- including workouts for beginners, vigorous [high-intensity interval training \(HIIT\)](#) videos and targeted workouts for your abs and butt.

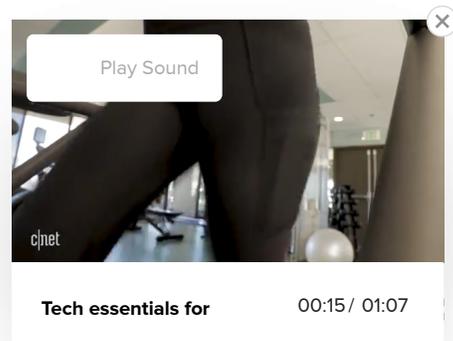
10-Minute Cardio Jump Workout to Burn Major Calories | Class f



If you don't have weights, exercise bands or any other equipment, you're still covered. Just scroll down to the No-Equipment Cardio Workout section.

Read more: [Should you stretch before or after your workout?](#)

Blogilates



these workouts.

Certified fitness instructor Cassey Ho's friendly demeanor makes laying on a mat and working your core, legs, arms and butt almost enjoyable.

Pyramid Ab Workout - 500 reps!



What I like about this channel is it has workout series and challenges that you can follow throughout the week to keep you motivated. The series are based around themes. Check out the Bridal Bootcamp, Apartment Friendly and Celebrity Workouts.

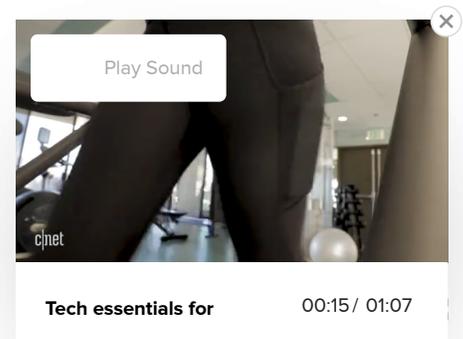
Yoga With Adriene

If you like your trainers down-to-earth and relatable, there's no better yoga trainer than Adriene Mishler of [Yoga With Adriene](#). Her calming voice and chill disposition will charm you before you even hit the mat. That's not just my opinion -- she's amassed more than 4 million subscribers.

Yoga For Hangovers



In addition to her awesome personality, Adriene's channel includes yoga videos for, well, just about anything. You'll find yoga sequences for relaxing, helping sciatica pain, burning fat, easing anxiety and depression and curing a hangover. There are even classes for horse riders and couch potatoes.



exercise routines.

30 Minute Total Body Strength Workout at Home - Full Body Wor



The massive variety on this channel is hard to beat. They have over 1,000 free workout routines, plus complete 30- to 90-day fitness programs that include meal planning, workouts, tips and more.

YOUR GUIDE TO WELLNESS

This one tip will help you sleep better tonight

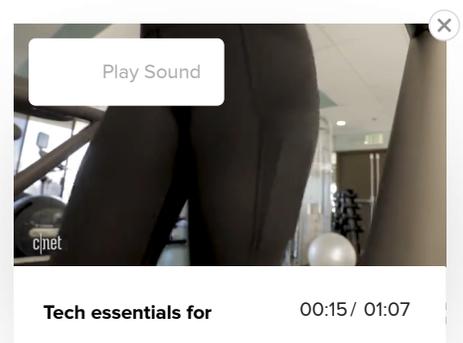
FitnessBlender

[FitnessBlender](#) is a husband and wife run channel that specializes in exercises for busy people. Daniel and Kelli have put together over 500 workouts, and most of them are designed to be quick. You can find workouts for just the amount of time you have available, from 5 to 45 minutes.

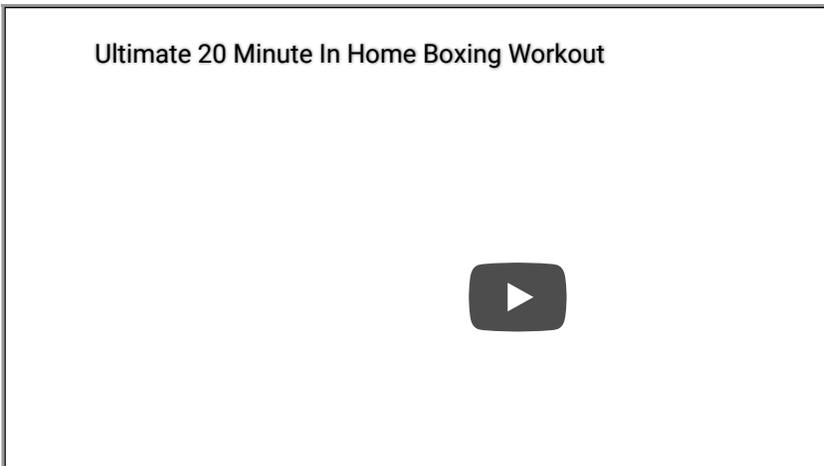
No Equipment 10 Minute Butt and Thigh Workout at Home



If you're a dog lover, don't miss this [channel's puppy workout](#). You'll learn how to do puppy squats, puppy deadlifts, puppy curls and more. All you need is a puppy.



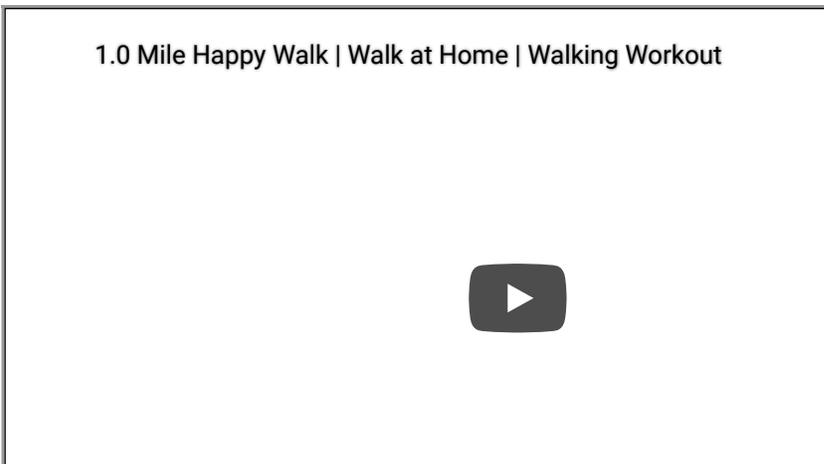
[NateBowerFitness](#). Then he shows you how to crank up the intensity in 20-minute videos.



Most YouTube channels only have boxing videos for routines you can do at the gym. What I really like about this channel is that there are home workouts. You just need an open space and maybe a friend with some pads.

Leslie Sansone's Walk at Home

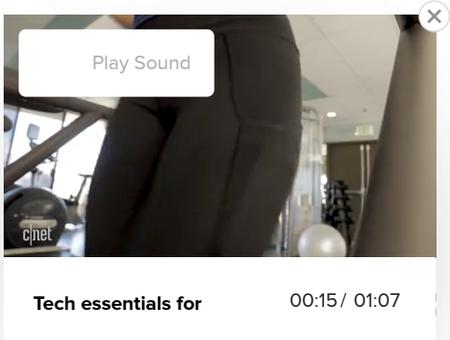
Walking is a low-impact exercise that almost anyone can do. If you're stuck inside, the [Leslie Sansone's Walk at Home](#) channel is a good place to get a walking workout without a treadmill.



I highly recommend trying the [channel's walk party](#). It's fun, upbeat and I bet you'll even smile a couple of times while you burn calories.

Roberta's Gym

Think of [Roberta's Gym](#) as the Alexa of exercising. This animated trainer doesn't really have a personality, but her on-screen timers and rep counters help you keep track of what you're doing better than any humanoid.





This channel also has daily workouts and challenges, like the [30 Day Weight Loss Challenge](#). New videos are released every Monday, Wednesday and Friday to keep things fresh.

Les Mills

[Les Mills'](#) exercise videos not only give you a great workout, they also teach you real dance moves you can take to the club. It's pretty motivating to know you're not only getting ripped but you're also learning an actual skill you can use in the real world.

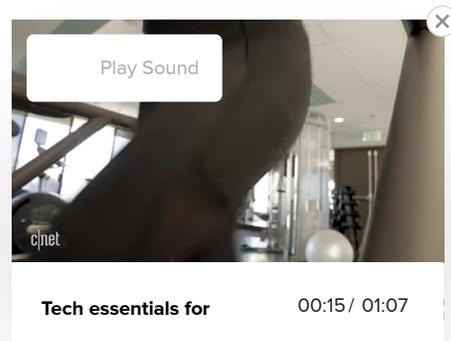
LES MILLS DANCE | HIP HOP VOL. 03



If you're not into dancing, don't worry. The channel includes other types of workouts, including BodyPump, which uses light-to-moderate weights to strengthen muscle, and Barre, which is based on exercises ballerinas use to get into shape.

Read more:

- [The best treadmills in 2019: Peloton, NordicTrack, Nautilus and more](#)
- [Gym closed? Here are some of the best home workout options](#)
- [6 workouts for people who hate working out](#)
- [The best workout apps for people who hate working out](#)





Purge your junk with these New Year's cleaning tips

16 PHOTOS

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Health and Wellness [See All](#)

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Gym closed? Here are some of the best home workout

Play Sound

Tech essentials for 00:15 / 01:07



Sharon Profis March 26, 2020 12:03 PM PDT



Home workouts have never been so easy.

Getty Images

There are really only two ways I'm coming out of this self-quarantine: super-ripped or in dire need of a diet.

As the coronavirus outbreak leaves millions of people hunkered down at home and state-wide lockdown orders close all nonessential businesses, many of us are left without access to our usual gyms, workout studios and even parks.

Switching to a home workout routine isn't easy -- it takes some space and a lot of intrinsic motivation -- but in light of the COVID-19 outbreak, many fitness experts, gyms, apps and studios are doing their part to help us stay in shape. And establishing a workout routine could, most importantly, ease anxiety related to coping with the pandemic.

Staying healthy and in shape while quarantined is totally doable and this guide will show you how. Even if you have a small space, no equipment or very little time, there are many great options to help you exercise during a quarantine.

Free home workout apps and videos

The fastest way to start an at-home workout routine is through instructor-led videos. Live or prerecorded the videos are typically 25-45 minutes and often require little to no fitness equipment, making it easy to jump right in.

Play Sound

Tech essentials for 00:15 / 01:07

Here's a list of some of my favorite at-home workout apps with live and prerecorded videos. They include yoga, bootcamp-style classes, boxing, high intensity interval training, plyometrics, pilates and barre exercises.

Related: [The best workout shoes for any type of workout](#)



There's no excuse not to stay active during this time.

Peloton

Peloton

Normally \$13 a month, [Peloton is offering a free, 90-day trial](#) of its polished workout app. The app -- which doesn't require a purchase of [Peloton's bike or treadmill](#) -- includes easy-to-follow and high-quality videos, including yoga, strength, meditation, cardio and bootcamp classes. There are also audio-only classes for outdoor runs, if that's still an option for you.

Read more: [The best meditation app to help you destress](#)

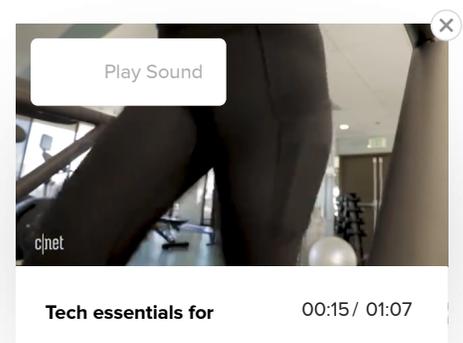
CorePower Yoga

Like many yoga studios, [CorePower](#) shut down its studios due to the outbreak and pivoted to online-only options. New classes are added weekly, including sculpt (those ones hurt!), yoga and meditation. The company is offering free yoga classes to everyone -- even nonmembers -- through March 30 and may extend its offering if their studios remain closed.

Read more: [Best yoga mat for 2020](#)

Nike Training Club

I spent an entire year exercising with [Nike Training Club](#) and got in great shape with very little equipment. The app -- which is always free -- has a



Read more: [Best running shoes for 2020](#)

Les Mills

If you've ever had a membership at a gym like 24 Hour Fitness, you've probably heard of Body Pump. The class, which is managed by Les Mills, is just one of more than a dozen different types of classes, including boxing, dance and yoga. All these classes [are available on demand through a 30-day free trial](#) and many classes are equipment-free. After the trial, the monthly membership is \$14.99 a month or \$11.99 a month with a three-month commitment.

Designed to get you moving even when you feel stuck.

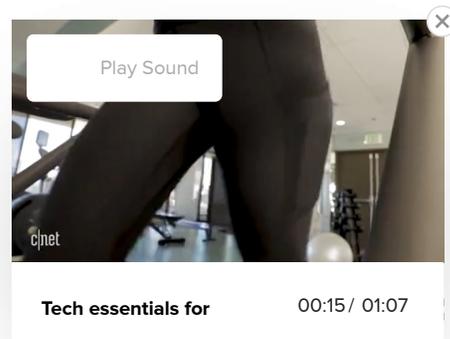
Cassey Ho/Blogilates

Blogilates

Cassey Ho, the fitness guru behind the hugely popular [Blogilates YouTube channel](#) and website continues to offer a massive library of pilates-style toning classes. In response to the outbreak, she also created a [14-day quarantine workout plan](#), a great option for those looking to add structure to their at-home workout schedules.

Read more: [The best YouTube channels for getting in shape at home](#)

Barry's



workouts daily, one that doesn't require equipment and another that uses some basic items, like fitness bands. You can check out its [daily workouts and previous streams on Instagram](#).

Amazon Prime Video

If you're an [Amazon Prime member](#), you already have free access to a varied library of fitness videos, including [Zumba](#) and cardio programs such as [21-Day Transformation from GymRa](#). Just head to Prime Video and search for "fitness," then check the "Prime" box in the left sidebar to see what's available for streaming.

HIIT workouts

CNET's own Amanda Capritto, who's also a Crossfit instructor, put together a fantastic roundup of [20-minute HIIT workouts you can do at home](#).

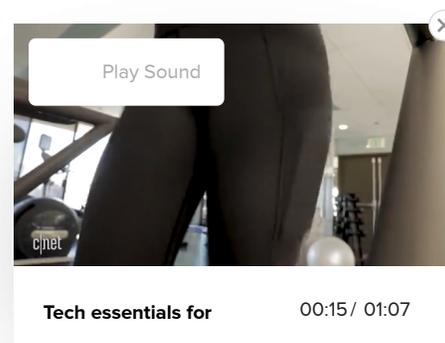
Basic workout equipment under \$100

Plenty of apps and YouTube channels have equipment-free workouts, but if you want to build strength or increase your efficacy, even basic equipment can make a huge difference.

Here are some things you can use alone or with an at-home workout. At this point, you might not be ready to invest a lot in a [home gym](#), so here are some affordable options. You don't need everything on this list -- just pick the items that work best for the types of workouts you're doing, like strength training, yoga or HIIT.

Jump rope: If you have a room with high enough ceilings or can safely step outside, [a jump rope](#) is a go-to for warming up or getting in a quick cardio workout when you're strapped for time.

Dumbbells: Weights are pretty much a must-have for a home workout routine, which is pretty apparent due to the low inventory available as gyms close due to the outbreak. As of writing, [these dumbbells are available on Amazon](#) and will be delivered in under a week.



Don't forget to stretch before working out.

Angela Lang/CNET

Workout mat (or yoga mat): There are many types of mats out there and the one you choose will depend on your primary form of exercise, as well as the floor you're working with. For instance, you'll specifically want a [yoga mat](#) for yoga practice, while a [higher-density workout mat](#) works better for bodyweight exercises and carpeted floors.

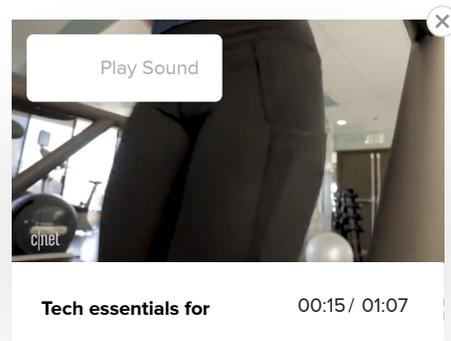
Yoga block: Yoga blocks provide extra support during practice, especially for those who are just starting to exercise their flexibility. They're essentially a must-have for practicing yoga and [these ones](#) come in a set of two and have a soft finish while maintaining high density for balance.

A mirror: No, not (just) for checking yourself out, but for ensuring good form while you give new workouts a try. [This wall mirror from Ikea](#) provides enough width to get a good view of your workout.

Headphones: If you're working out to your phone, tablet or laptop, [headphones](#) will give you the best experience -- while also doing a courtesy to anyone in the household who doesn't want to work out with you.

Lacrosse ball and foam roller. As you ease into a new workout routine, take care of your body by caring for its mobility with these tools. [This lacrosse ball](#) will relieve tension in your feet and back while [this foam roller](#) can be used throughout your body.

Read more: [7 tips for building your own home gym](#)



...classes, social features and progress-tracking through apps and compatible devices such as the [Apple Watch](#) (\$399 at Apple). Plus, if you're still on the fence about these investments, companies like [Peloton](#) and [Mirror](#) offer generous trial periods -- long enough to help you decide if that big investment is worthwhile.

Peloton Bike

Best for people who miss the studio experience



Peloton

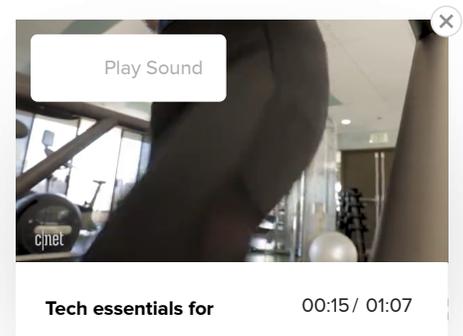
[Peloton's indoor bicycle](#) is an ideal -- albeit expensive -- quarantine companion. With its small footprint (it requires a four- by six-foot space), socially engaging workout classes and varied class durations, Peloton's bike is an excellent choice for cycling buffs. The company now offers a 30-day trial, letting you test ride the experience before committing to the \$2,245 price tag, plus \$30-a-month membership. If you decide against it, the company will arrange a pick-up and process a full refund.

If it's any comfort, the monthly membership fee also includes access to Peloton's digital app of diverse workout classes and the bicycle can be financed through Affirm. [Read our Peloton Bike review.](#)

\$2,245 AT PELOTON

Mirror

Best for getting a variety of recorded and live workouts





Mirror

Those who love working out to YouTube videos (or even old-school fitness DVDs) will love the Mirror. It takes that at-home video workout experience and brings it into 2020 by turning a functional mirror into a screen that plays live and recorded workouts.

We tried the [Mirror](#) and appreciated the variety of workouts, social interactions and small footprint. Plus, while it's still a pricey investment at \$1,500 (and a \$39-a-month subscription), it's \$750 less than the Peloton and offers more variety. The Mirror also syncs with your Apple Watch, so you can get an accurate calorie burn and close those rings. [Read our Mirror review.](#)

\$1,495 AT MIRROR

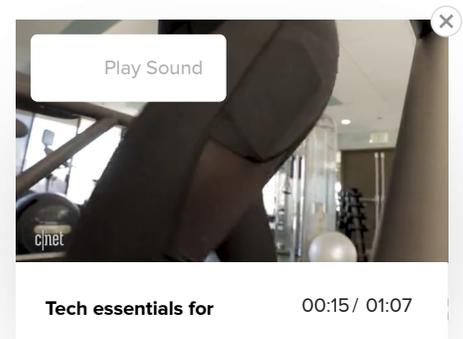
A treadmill

Best for runners and cardio junkies



Woodway

The at-home treadmill isn't what it was in the '90s. Today's machines often come with a large screen, where you can stream treadmill workouts and track your progress. Plus, many apps -- including Peloton -



Peloton bike alternatives

Best for a Peloton experience without the price tag



Echelon

Peloton is like the Kleenex of connected exercise bikes -- its name gets used a lot, but it's certainly not the only stationary bike with live classes and high-tech features. Not only can you make a [DIY Peloton](#), but there are also [alternatives around \\$1,000](#). (That's \$1,500 less than Peloton's offering.) [Read more on Peloton alternatives](#).

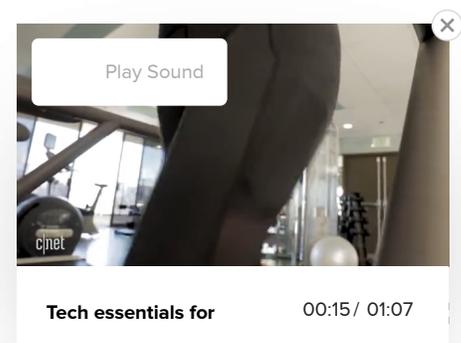
Hydrow connected rowing machine

Best for those who want a full-body, low-impact workout



Hydrow

Rowing is a great way to get an efficient cardio workout without the impact of exercises like running or HIIT. Unlike treadmills or stationary



repetitive exercise or rowing a little more exciting with live and on-demand classes displayed on its attached touchscreen. The screen swivels, which is great for when you want to take one of Hydrow's mat workouts (which don't require any rowing).

At \$2,200, it's certainly not a budget item and you'll have to pay \$38 a month for the content subscription. Like Peloton, you can try it out at home with a 30-day trial.

SEE AT HYDROW



Watch this: Peloton Bike makes spinning at home much smoother 1:55



The 17 best health and fitness apps for Apple Watch

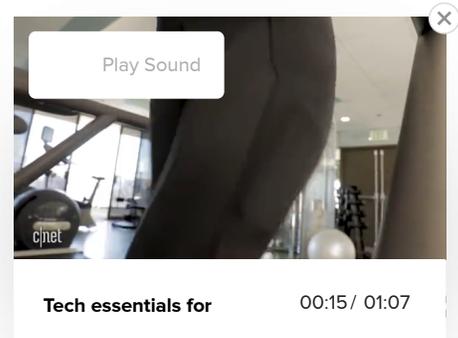
18 PHOTOS

First published on March 19, 2020 at 5:00 AM PDT.

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4 COMMENTS

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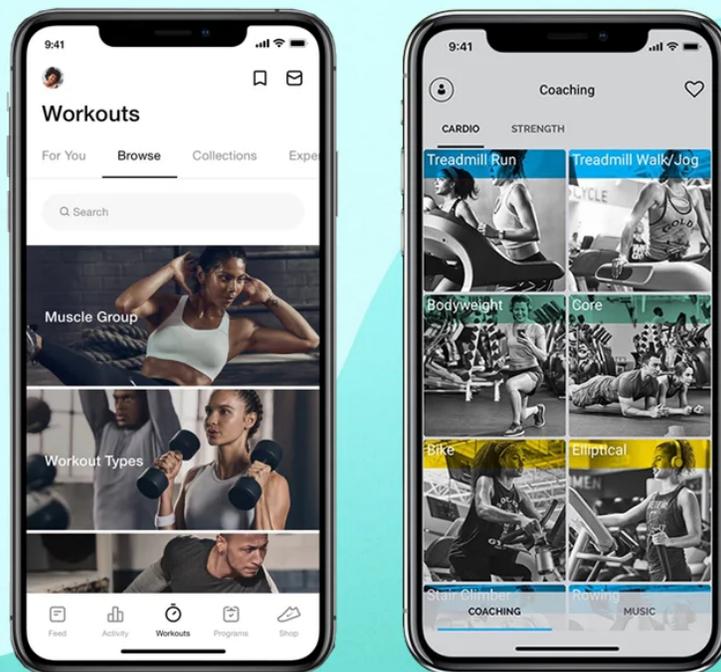
Tech essentials for 00:15 / 01:07

Fitness | March 24, 2020

11 Free Fitness Apps That Will Help You Work Out When Your Living Room Is Your Gym

You might even find a new favorite routine.

By [Amy Marturana Winderl, C.P.T.](#)



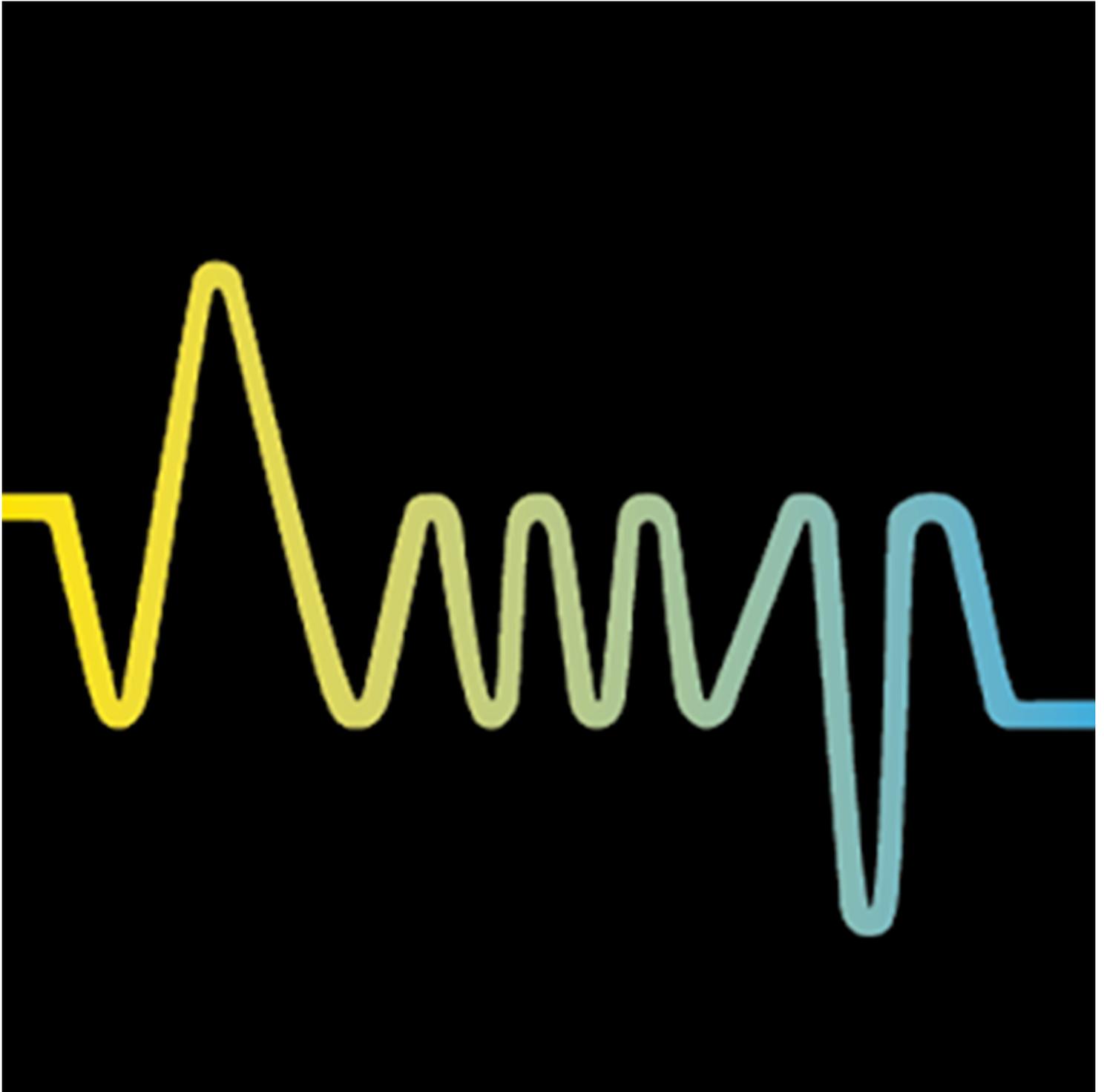
Images courtesy of Nike and adidas

As we all adjust our lives to help stop the spread of the new **coronavirus**, our fitness routines need to adjust too—mostly to incorporate **social distancing**. With businesses closing and people hunkering down, it's pretty much impossible to stick to your regular workout routine if it involved the gym, fitness studio, or a group workout.

I'm a regular exerciser who relies on it heavily for stress management, so I know how difficult it is to hit pause on your fitness routine. But thankfully, there are some tech solutions out there that mean you don't have to—you just need to think about your exercise routine a little differently.

Just as FaceTime and Google Hangouts can keep you **socially connected** during this time, there are some free fitness apps that can help you break a sweat without leaving home. Some of the following are always free; others are being offered for free right now. Since there's no cost, I'd suggest trying a couple of different ones so you can figure out which you like best and what's ideal for the equipment setup you have (or don't have) at home.

Yes, **at-home workouts** will feel way different if you're used to exercising in a gym with a plethora of equipment or in a **fitness class** guided by an instructor. But trust me: Once you try them, you'll be glad you did, because *any* way you keep moving will definitely make you feel better. Here are some free fitness apps to help you out.



Gold's Gym

1

Gold's AMP

This app, by country-wide gym Gold's Gym, contains more than 600 cardio and strength workouts with audio and video guidance. In addition to weighted strength workouts and cardio machine-specific routines (awesome for those with a treadmill, elliptical, or **exercise bike** at

home!), there's also a section for bodyweight-only workouts. You can even work on some stretching and meditation.

The app is usually free for gym members or \$10 per month for non-members, but right now it's free for anyone through May 31, 2020.

Available on [iOS](#) and [Android](#).



Nike

2

Nike Training Club

Filter workouts by categories like specific muscle group, time you have to spend, and workout types—choose from strength, cardio, yoga, and mobility—to find exactly what you're looking for each day. You can also choose from the following equipment options: bodyweight-only, basic (free weights like dumbbells or kettlebells, or resistance bands), and full (things you'd probably only find at a gym, unless your home gym is extremely well-stocked, like a pull-up bar or barbell). The app also has workouts hosted by celebrities and athletes, like Simone Biles, Serena Williams, and Julie Ertz.

Available on [iOS](#) and [Android](#).



3

Daily Burn

Daily Burn offers a huge variety of workouts—including dumbbell strength training, HIIT, barre, yoga, and kickboxing. After you answer some questions about your current fitness level and goals, the app gives you a personalized workout plan and can function as a tracker as you move toward your goals.

You can get 60 days for free right now; normally, the app costs \$20 per month.

Available on [iOS](#) and [Android](#).



Tone It Up

4

Tone It Up

This app lets you choose from hundreds of workouts (many of which are bodyweight-only), or you can follow a specific program built around specific goals. They've even got some postnatal content that's great for new parents.

Usually \$15 per month, right now it's free to new users for the next 30 days.

Available on [iOS](#) or [Android](#).



7 Minute Workout

5

7 Minute Workout

If you're looking for a way to fit in quick workouts during long days at home, this app has you covered. You don't need any equipment, and there's also an option to compete with friends—if that's the sort of socially distanced interaction that you're into.

Available on [iOS](#) and [Android](#).



FitOn

6

FitOn

FitOn gives you access to workout classes from celebrity trainers—like Cassey Ho of Blogilates, Jeanette Jenkins, and more. You can even work out with some special guests: Gabrielle Union and Jonathan Van Ness. Browse by category, body part it hits, length of workout, and intensity, or choose from the list of 10-minute workouts when you just want something quick.

Available on [iOS](#) and [Android](#).



Peloton

7

Peloton

Nope, Peloton's app doesn't require you to own one of their bikes or treadmills. The platform has both live-streamed and on-demand workouts taught by a roster of popular trainers. You can find a mix of running, strength, cycling, and yoga workouts. Plus, there are even some meditation practices to choose from.

It normally costs \$13 per month, but right now you can take advantage of an extended 90-day free trial.

Available on [iOS](#) and [Android](#).



Adidas

8

Adidas Training by Runtastic

This app has a variety of workouts and training plans, but the best part for those of us working out at home? The 180-plus bodyweight workout videos. You can also choose workouts of different lengths, depending on what you need, and you'll get helpful reminders—like to make sure you're hydrating, for example.

Available on [iOS](#) and [Android](#).



Yoga for Beginners

9

Yoga for Beginners

Looking to start a yoga practice but not sure how to jump in? This app is a great place for beginner-friendly workouts, which are divided into three types of yoga: vinyasa, hatha, and restorative. Each video takes you through the poses and breath work to help you learn and develop your practice.

Available on [iOS](#) and [Android](#).



Down Dog

10

Down Dog

Basically a more robust version of Yoga for Beginners, Down Dog lets you explore even more types of yoga, including Ashtanga and yin, in addition to vinyasa, hatha, and restorative. There's even an option for targeting lower back pain—something you may find helpful if you're sitting more than normal and feeling a little achy.

Normally, the app costs \$8 per month, but it's free from now until April 1. If you're a student or teacher, you can get free access until July 1 (visit the [website](#) for more details).

Available on [iOS](#) and [Android](#).



Map My Fitness by Under Armour

Map My Fitness by Under Armour

This app lets you choose from some preset workouts, but it's really the most useful for people who want to create their own workouts. You can completely build your own routine from its library of more than 800 moves, track your weight/set/rep progress, and share it with others. It also syncs with most fitness wearables and connects to MyFitnessPal, so you can combine all your data for a more comprehensive look at your stats.

Available on [iOS](#) and [Android](#).



Amy is a freelance writer who covers health, fitness, outdoors, and travel. She holds a B.A. in journalism from the SI Newhouse School of Public Communications at Syracuse University, a personal trainer certification from the American Council on Exercise (ACE), and a CPR certification from the American Red Cross. You... [Read more](#)

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30 Household Items That Double as Exercise Equipment

YOU DON'T HAVE TO LEAVE THE COMFORT OF OUR OWN HOME TO GET IN A SOLID SWEAT SESSION OFF THE BIKE.

BY EMILY ABBATE Sep 25, 2018

1 of 30



Chee Siong Teh / EyeEm



Use a hand towel as a slider.

Head to the linen closet and grab yourself two small hand towels. On a wood or tiled floor, place the towels under your hands or feet to increase the challenge of traditional abs moves like mountain climbers, knee tucks, and pikes.

2 of 30



Shana Novak Getty Images



Use laundry detergent as a kettlebell.

Swap clean clothes for single-arm clean using a bottle of your laundry detergent (as long as it has a handle). Or perform a kettlebell swing, making sure to squeeze your glutes at the top of each movement.

3 of 30



creinick



Use soup cans as small weights.

Whether you're a chicken noodle or tomato fan, soup cans are the ideal size for small hand weights. Use them for low-weight, high-repetition movements such as biceps curl pulses, overhead triceps extensions, and platter-serving extensions to build upper body muscular endurance.





FRITOOTH Getty Images



Use a folding chair as a bench for triceps dips.

Folding chairs are great, not just because they're portable, but also because they're typically made out of durable steel. To perform a triceps dip, start sitting on the chair with your hands at your sides, fingers wrapped around the edge of the seat. Extend legs to form a straight line from ankles to hips. Lift your torso about two inches in front of the chair. This is your starting position. Slowly lower down until your elbows form a 90-degree angle, then press back to start for 1 rep. Repeat for desired reps.

5 of 30



l74Hudson



Use a backpack as a weighted vest.

Why invest in a weighted version when you probably have a backpack at home? Simply throw a few soup cans or water bottles into a backpack, and get to work. Start slow, by taking a walk around the neighborhood or even a hike on local trails. Helpful tip: Weigh the bag on a bathroom scale so you know how much you're working with and slowly increase as you build strength.

6 of 30

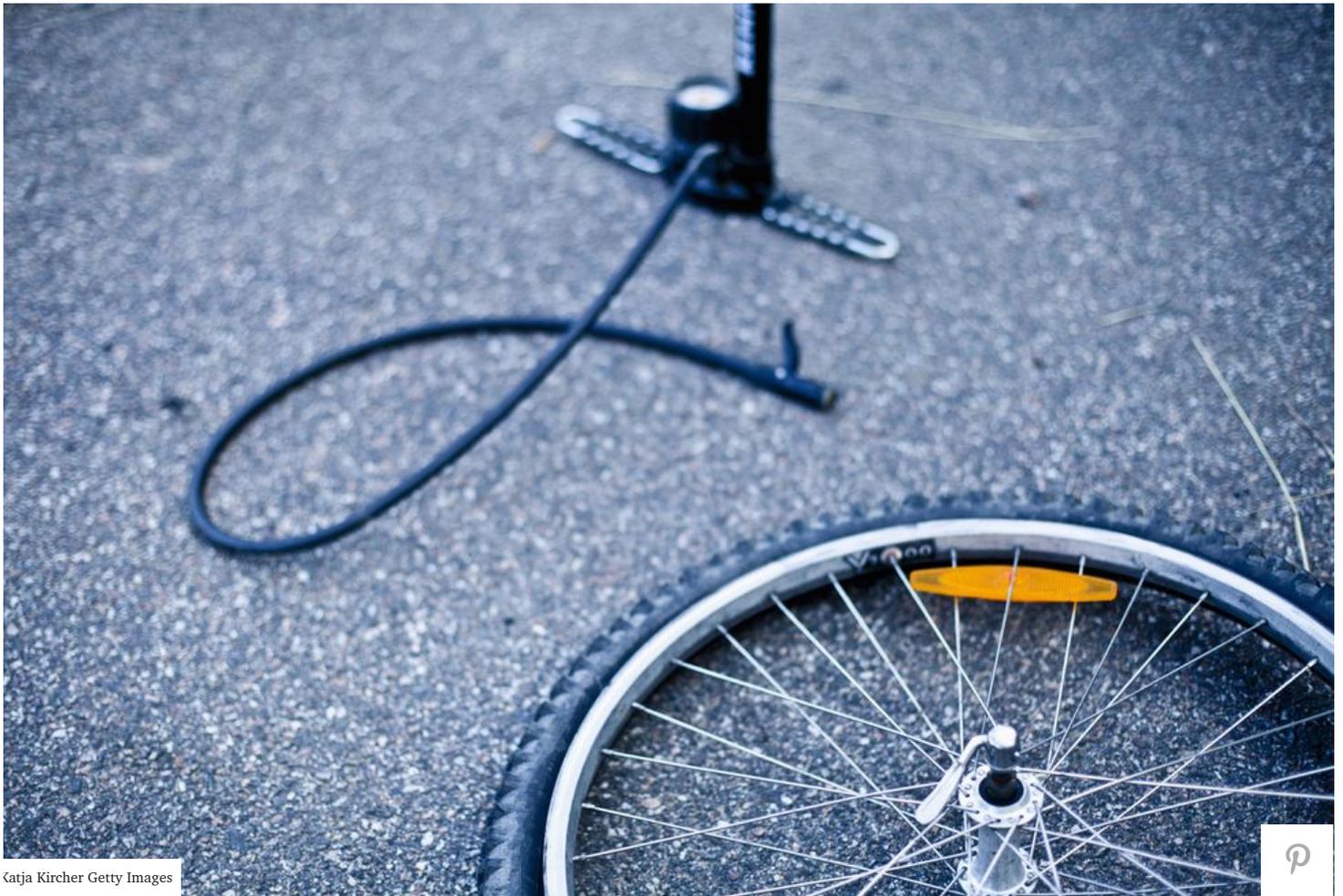


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Use a couch cushion as a BOSU.

BOSU (a Swiss ball sliced in half) exercises test your balance because you're working on an unstable surface. A couch cushion can serve a similar purpose. Start simple with 3 sets of 12 deep squats with your feet on the cushion or bicycle crunches seated on the cushion.

7 of 30



Katja Kircher Getty Images

Use a bike pump for triceps strength.

Granted, you'll have to deflate and inflate a few tires, but challenge yourself by seeing how fast you can go through four cycles. Place two feet on the pump to keep it steady, then use your arms and core to inflate the tube.

8 of 30



Use rope as a suspension trainer.

Head to the garage and grab that rope you have lying around. Ideally, measure about eight feet of rope. Tie a knot at both ends, find a sturdy tree branch in the yard, and sling one end of the rope over it. Use the rope to execute moves such as inverted rows or squats or make two loops at the ends to place your feet in for TRX-style planks or lunges.



Use a beach towel as a yoga mat.

No mat? No problem. Lay down your towel and get your downward dog on. It won't feel as thick as a mat, so you can double up if you want extra padding. If you close your eyes in savasana and think warm thoughts, it might even feel like a day at the beach.

10 of 30



xy_nicholas Getty Images



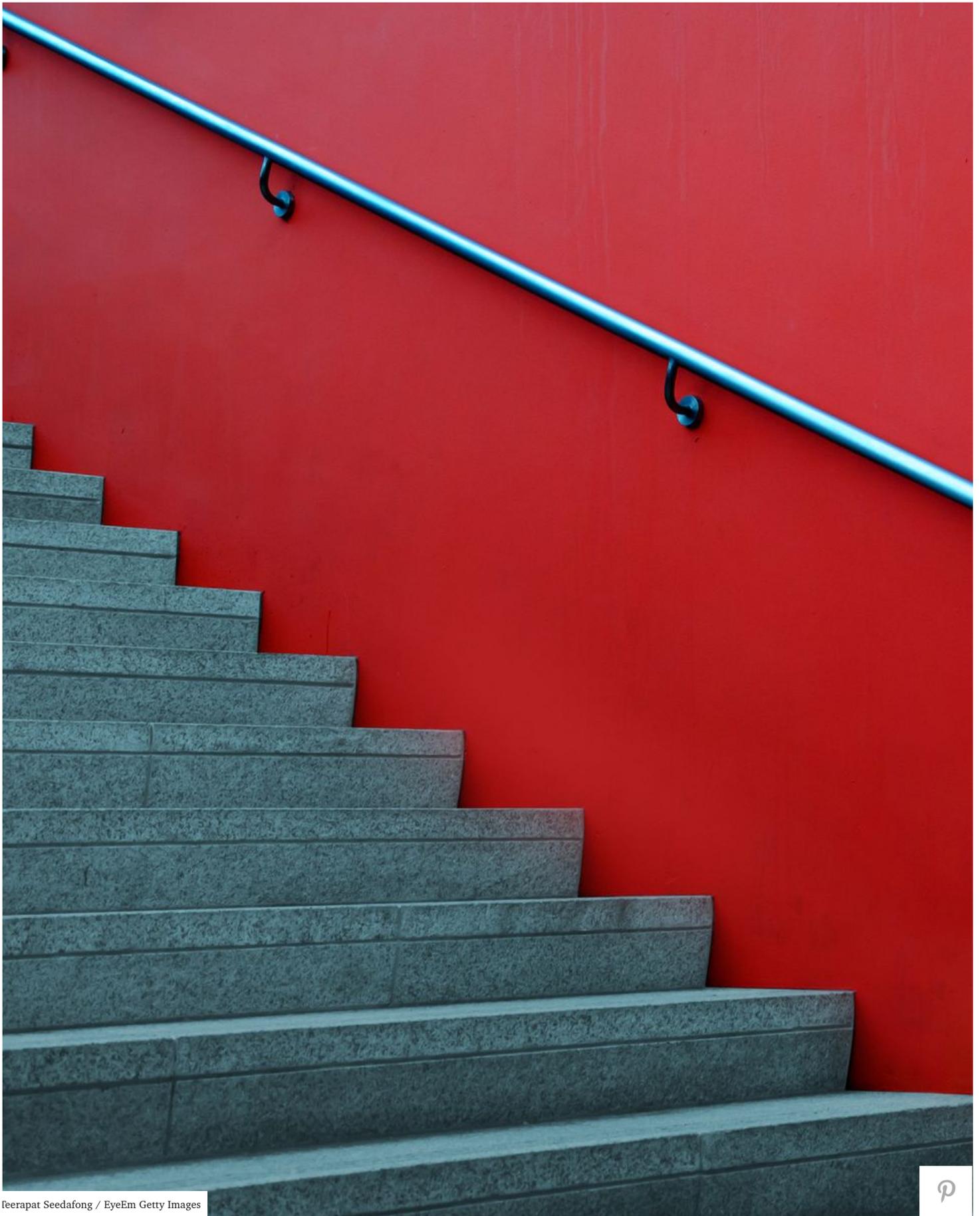
Use a basketball to make pushups harder.

When performed in unstable conditions (read: using a basketball or TRX straps), push-ups can help to activate hard-to-train muscle groups in a way conventional ones cannot, according to [a study published in the *Journal of Exercise Science & Fitness*](#). First, get comfortable with executing a plank with both hands on the ball, core engaged. Then, lower down into a pushup and press back to starting position.



Use a broom for mobility work.

Those crumbs on the kitchen floor can wait. Grab a broom with a wide overhand grip, and start with it in front of your hips. Bring the bar up overhead then behind your head and down toward your glutes. Return to start for 1 rep.



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Use the stairs as a cardio machine.

A set of stairs is the perfect place for a quick cardio hit (maybe not on your long-ride day).

Regularly walking up 400 steps —or about 33 flights—during the course of a day can substantially increase your endurance, giving you a 17 percent bump in VO2 max (the maximum amount of oxygen you can take in during exercise), according to [a study published in the *British Journal of Sports Medicine*](#). Use stairs in your home, office, or apartment building or head to a local stadium or park.

13 of 30



Spohn Matthieu Getty Images



Use a folding chair as a weight bench.

Rest an arm on the chair while you perform bent-over single-arm rows with a milk jug or simply use it to rest your feet on while executing decline push-ups or Bulgarian split squats.

14 of 30

AlterYourReality Getty Images



Use a coffee table book as a weight.

We're not talking about a simple paperback edition of *Catcher in the Rye*. Reach for something substantial (like a dictionary or other large, weighted text) to use as a weight that you'd hold with both hands. In a traditional crunch, for starters, start laying faceup, holding the book with arms extended. As you crunch upward, keep your arms straight and engage your abs. Return to starting position and repeat for desired reps.

15 of 30

DonNichols Getty Images



Use paper plates as sliders.

Don't have hardwood or tile floors at home? Not a problem. Double up on a standard paper plate, and work with them in the same way that you'd use the hand towels but on carpeted floors. Try mountain climbers, plank jacks, and pikes to get started.

16 of 30

rsinkisacik Getty Images



Use a pan for upper body strength.

After breakfast, use that large pan for a few overhead triceps extensions. Holding the handle overhead, bend at the elbows until the pan touches your back then return to starting position. Bonus points if you use a heavy cast iron skillet.

17 of 30

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Use a mop for an abs burner.

Holding a mop overhead (overhand, wide grip) while doing core moves such as standing oblique side crunches or standing bicycle crunches helps build functional, all-over strength and will really light up your core.

18 of 30

deabug Getty Images



Use a laundry basket for a deadlift.

If there's one constant among cyclists at home, it's having an abundance of sweaty kit to wash at any given time. Put all that laundry to good use by using the laundry basket for functional movement. Start standing with a microbend in the knees. Send hips back to lower down and grab the basket. Engage hamstrings and glutes to press hips forward back to start. Aim for 3 sets of 20 basket deadlifts.

19 of 30

Jonsson Getty Images



Use a duffel bag as a sandbag.

Sandbag training is great since it tests strength, balance, and often—patience. Fill a duffel bag with a bunch of clothes, and get ready to work. Try the sandbag walking lunge: Start with feet hip-width apart and the sandbag in front of you. Grab the handles and clean the bag to your chest, press it overhead, then rest it on your shoulders behind your neck. Lunge forward with left foot until right knee taps the floor, making sure to keep the torso upright. Press through right heel to stand for 1 rep. Repeat on opposite side. Do 3 sets of 10 alternating reps.

20 of 30

Ng Sok Lian / EyeEm Getty Images



Use rubber-banded spoons for weights.

Grab yourself a stack of 8 spoons and a rubber band. Wrap the band around the spoons, and you have an easy single-pound weight perfect for small pulses and high-repetition movements. You can use this for wrist curls to work on your grip strength for braking.

21 of 30

John Block Getty Images



Use a bag of flour as a heavy weight.

There's just one rule for this one: Avoid a messy situation by placing the bag of flour in a Ziploc bag before you begin. Then use the heavy weight to make basic bodyweight moves such as squats and lunges more challenging.

22 of 30

ivi_gamliel Getty Images



Use a steel water bottle to add difficulty to planks.

"Steel" is the key word here as you need something that's going to be able to support most of your body weight. In a traditional plank, place one hand on a water bottle that's on its side. Use the bottle to roll your hand out, bracing through the core, as you lower into a low pushup position. Return to start for 1 rep. Do 8 reps; repeat on opposite side.

23 of 30

whitewish Getty Images



Use a milk jug as a kettlebell.

Ready to update the Turkish get-ups? Rather than holding onto the handle, add extra difficulty by palming the jug itself. Keep your eye on the dairy as you execute the full movement. (See our [step-by-step guide on how to execute a Turkish get-up here.](#))

24 of 30

Allan Watson Getty Images



Use a shovel for unilateral training.

With winter, comes less clear days to ride, so lean into unilateral training with the help of a snow shovel. Shown to [better-activate the superficial core muscles](#) (think: abs, obliques, transverse abdominals, and erector spinae) than bilateral exercises, unilateral work like shoveling will help you not just clear the driveway, but also perform daily tasks like lifting heavy grocery bags.

25 of 30

coya79 Getty Images



Use a wooden crate as a plyo box.

Flip a sturdy wooden crate upside down and make sure it's large enough for plyometric work such as box jumps or simple step ups.

26 of 30

Markus Gann / Eyeem Getty Images



Use a door frame to better your burpee.

We're told time and time again that it's not a "proper" burpee unless you're sealing it with a jump at the top of the movement. Add extra oomph to a standard burpee by jumping to tap the top of a doorframe between each rep.

27 of 30

nantowto Getty Images



Use your bed for balance practice.

Just like a soft couch cushion, your mattress is the perfect place to test your balance—without even getting out of bed. Stand up carefully, and practice doing light balance work including tree pose and single-leg deadlifts. The unstable surface with challenge small, stabilizing muscles.

28 of 30

stop123 Getty Images



Use your toilet for box squats.

It's time to rethink the way you look at the porcelain throne. Coincidentally, the place you do a lot of your deep thinking is also a great height for box squats. Stand facing away from the toilet with the lid closed. Send hips back to lower until glutes tap lid then return to starting position. Repeat.



Mercedes Rancaño Otero Getty Images

Use a wall for walks.

Ready to turn things upside-down? Use a wall (basement walls made with concrete are ideal) for wall walks. Start in a high plank position with your feet up against the wall. Engage your core and start to walk up the wall until your face meets the wall and your body is vertical.

Slowly return to start for 1 rep. Do 6 reps.

nantowto Getty Images



Use a couch for glute bridges.

Lie faceup on the floor and rest your heels on the edge of your couch. This is your starting position. Squeeze through the glutes and raise your hips, creating a straight line from shoulders to knees. Lower back to start for 1 rep. Repeat.

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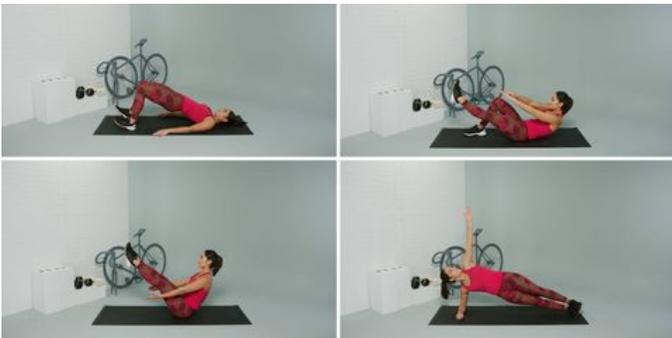
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