

10 Exercises You Can Do Anywhere!

No excuses here! This is the Top 10 list of exercises you can do anywhere! There's no equipment needed just a positive mindset, a little time and space. Try them in the office, at home, the airport ... even while you wait for an appointment.

The exercises below work large muscle groups: glutes, quads, core, shoulders and back. Don't have time? Pick a few to try – they can be easily added to your day. Challenge yourself, for example, do 10 calf raises every time you get up for a break.

New to exercise? Below you will find each exercise with ideas for modifications and progressions (ways to increase the challenge when you're ready). Remember that any movement is better than no movement!

Squats

- **Modifications:** Perform a shallower squat or use a chair as a guide. Decrease repetitions.
- **Progressions:** Add weight (creative alternatives to weights include books, canned goods, laptops, backpacks), increase repetitions or add arm variations to increase heart rate.
- **Exercise Variations:** Move your feet wider for a sumo squat or closer together for a ski squat.
- Learn the steps to perform a basic squat at [acefitness.org/education-and-resources/lifestyle/exercise-library/135/bodyweight-squat](https://www.acefitness.org/education-and-resources/lifestyle/exercise-library/135/bodyweight-squat).

Lunges

- **Modifications:** Perform a shallower lunge or decrease repetitions.
- **Progressions:** Increase repetitions, add weight or raise arms overhead.
- **Exercise Variations:** Try forward lunges, backwards lunges, alternating forward / backward lunges, lunge with a twist, stationary lunge and walking lunge.



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- Learn the steps to perform a basic lunge at acefitness.org/education-and-resources/lifestyle/exercise-library/94/forward-lunge.

Wall Sits

- **Modifications:** Decrease range of squat or time interval.
- **Progressions:** Add weight to thighs, increase time interval or rise on balls of feet to target calf muscles more.
- Learn the steps to perform a basic wall sit at acefitness.org/education-and-resources/lifestyle/exercise-library/69/stability-ball-wall-squats. Please note that this link uses a ball, which is not necessary.

Calf Raises

- **Modifications:** Decrease repetitions or use a chair / wall for stability.
- **Progressions:** Increase repetitions, add weight, try a single leg calf raise or try not leaning on chair or wall for stability.
- Learn the steps to perform a basic calf raise at acefitness.org/education-and-resources/lifestyle/exercise-library/73/standing-calf-raises-wall.

Push-ups

- **Modifications:** Decrease repetitions, perform knee push-ups or push-ups against a wall.
- **Progressions:** Increase repetitions, perform a triceps push-up or a push-up with a jack in between.
- Learn the steps to perform a basic push-up at acefitness.org/education-and-resources/lifestyle/exercise-library/41/push-up.

Learn the steps to perform a bent knee push-up at acefitness.org/education-and-resources/lifestyle/exercise-library/13/bent-knee-push-up.

Planks

- **Modifications:** Decrease time interval or perform a bent knee plank.

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- **Progressions:** Increase time interval or add shoulder taps / jacks.
- Learn the steps to perform a basic plank at acefitness.org/education-and-resources/lifestyle/exercise-library/32/front-plank.

Bear Crawl

- **Modifications:** Stay stationary and practice holding body weight up on all fours.
- **Progressions:** Increase time interval / distance or add a push-up.
- Learn the steps to perform a bear crawl at acefitness.org/education-and-resources/lifestyle/exercise-library/150/bear-crawl.



Mountain Climbers

- **Modifications:** Decrease time interval, perform them at an incline (use a wall, table or seat of a chair) or bring the knee in at a slower pace.
- **Progressions:** Increase time interval.
- Learn the steps to perform mountain climbers at acefitness.org/education-and-resources/lifestyle/exercise-library/258/mountain-climbers.

Bicycle Crunches

- **Modifications:** Bend knee or decrease repetitions.
- **Progressions:** Increase repetitions or fully extend leg.
- Learn the steps to perform bicycle crunches at acefitness.org/education-and-resources/lifestyle/exercise-library/241/supine-bicycle-crunches.

Supermans

- **Modifications:** Lift and lower with bent arms or decrease time interval.
- **Progressions:** Lift and hold with arms straight out in front or increase time interval.

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- Learn the steps to perform supermans at acefitness.org/education-and-resources/lifestyle/exercise-library/9/supermans.

Note: As you work with these exercises, you could choose to do them as a circuit spending 30 – 45 seconds on each exercise and then resting 15 – 30 seconds before beginning the next exercise.

Another approach would be to target a specific number of repetitions and work up in sets (how many times you do the repetitions) over time.

Happy exercising!