



As of right now the gym is not an option, However workout out at home can be just as effective in getting shape. The idea is being creative without gym equipment. Sticking multi joint movement does not only give you a all around workout but a full body as well. Doing chair squats, counter top push-up, soup can shoulder presses will work your entire body. Since the weight is not heavy, keep the reps high 15-25 reps with 1-3 sets which create more muscle endurance in the muscle.

As for cardio riding, walking or running for 15-25 minutes will keep your cardiovascular system in good shape.

“So Plan your day that makes you jump out of bed in the morning.”