You may be starting to wonder how you’re going to keep up with your workouts without the convenience of the University Center. Fitness centers and gyms away from campus may cost hundreds of dollars for just a few months and we all know that we won’t find that in the couch cushions before we leave campus. So what are we supposed to do to maintain that fitness level that we’ve been working for all this time? Don’t worry; I’ve got your solution here. According to the American College of Sports Medicine, you’re to do cardiovascular exercise for 30 minutes at least 3-5 times a week and resistance training 2-3 times a week. Here you’ll find 12 resistance workouts that can be used over the next 4-6 weeks. Each week will feature a piece of equipment that you can find for under $20. Let’s get started!
Resistance Band

Where can I get it?:

- SPRI Xertube Ultra Heavy Resistance Band for at Dick’s Sporting Goods
- FitBALL Club Resistance Exercise Tubing for at HealthyKin.com

Day 1, Chest and Triceps:

**Chest Press:** With the resistance band anchored on a sturdy object (a bedpost, railing, etc.) behind you, take a handle in each hand with palms facing downwards at about chest height. Stand with your feet staggered and press forward until your arms are fully extended through the elbow, and then return to the start position. Perform 3 sets of 8-12 reps.

**Tricep Extension:** With the resistance band anchored on a sturdy object behind you, take a handle in each hand with your arms fully extended overhead and palms facing forward. While keeping your shoulders and upper arms immobile, flex the elbow down and extend up until your arms are fully extended and return to the start position. Perform 3 sets of 8-12 reps.

**Pectoral Fly:** With the resistance band anchored on a sturdy object behind you, take a handle in each hand and fully extend your arms to your side at chest height, forming a T with your arms. Gently squeeze your arms together until your hands meet in the middle. Extend your arms again and return to the start position. Perform 3 sets of 8-12 reps.

**Tricep Kickbacks:** With the resistance band anchored on a sturdy object, face the anchor of the resistance band and take a handle in each hand. Start with your elbow flexed at 90 degrees. With one arm at a time, extend the elbow backwards until your arm makes a straight line behind you. Return to the start position. Repeat the movement with the opposite arm. Perform 3 sets of 8-12 reps on each arm.
Push-Up: Loop the resistance band around your shoulder blades. Assume a push-up position, supporting your body weight on your hands and toes. Lower your chest toward the floor. Place the ends of the band underneath your hands, gathering in slack until you feel tension in the band. Press your chest up against the band's resistance. Lower your chest toward the floor, then press up again. **Too difficult?** Drop into a modified push-up position on your knees.

**Single Arm Crossovers:** Attach one end of the band to something sturdy at head height or above. Hold the other end of the band in your right hand. Stand with your right shoulder toward the secured end of the band. Take a step to the left until you feel tension on the band. Pull the band down and across in front of your body toward your left hip. Squeeze your abs to keep your torso from rotating as you do this. Slowly release the contraction, letting your hand track out and up until your elbow is even with your shoulder. Pull down to your left hip again. Complete a full set of repetitions on your right side before switching to the left. Perform 3 sets of 8-12 repetitions on each arm.

**Punches:** Set up the resistance band as described for the chest press. Hold the left side of the band steady, close to your chest, as you punch your right hand forward against the band’s resistance. Keep the punch at chest level. Bring your right hand back against your body. Hold your right hand steady as you punch out with your left. Continue alternating left and right punches. Perform 3 sets of 8-12 punches per hand.

**Preachers:** With the resistance band anchored on a sturdy object behind you, take a handle in each hand. Hold the handles, with elbows flexed at 90 degrees, at belly button height. Fully extend your elbows, bringing your hands together in front of you into a “prayer” position. Return to the start position. Performs 3 sets of 8-12 repetitions.

**Are these exercises too simple?** Try a thicker resistance band or wrap the band around your hand several times to create more resistance. Also, almost all of these exercises can be performed while seated on an exercise ball to engage your core as well.

**Day 2, Back, Shoulders, and Biceps:**

**Bicep Curl:** With feet shoulder width apart, stand on the resistance band. Take a handle in each hand. With palms facing forward and arms fully extended, flex your elbows until you reach your shoulder (or as high as you can). Return to the start position. Perform 3 sets of 8-12 reps. If needed, create more tension by making an X with the band at your feet.
Back Fly: Secure the band beneath your feet, stand up with your body tilted forward and grab both handles with your hands, arms extended in front of your knees, palms facing each other. Pull the handles out and up on each sides of your body and allow them to slowly return after a short pause. Keep your back and arms straight throughout. If needed, create more tension by making an X with the band at your feet.

Single Arm Row: With the band anchored low to the ground and facing the anchor, take a handle in each hand, arms fully extended and palms facing each other. Pull back on the band with the right hand towards the abdomen. Return to the start position. Repeat with the left hand. Perform 3 sets of 8-12 repetitions on each arm.

Overhead Press: With feet shoulder width apart, stand on the resistance band. Take a handle in each hand, with palms facing forward and elbows flexed at shoulder height, press upwards until your arms are fully extended overhead. Return to the start position. Perform 3 sets of 8-12 repetitions.

Lat Pulls: Hold the resistance band in both hands overhead. Pull down and out on the band, squeezing your shoulder blades together, until your hands reach shoulder height. Return to the start position. Perform 3 sets of 8-12 repetitions.

Hammer Curl: With feet shoulder width apart, stand on the resistance band. Take a handle in each hand, with palms facing inwards and arms fully extended, flex your right arm diagonally across your body towards your left shoulder. When you reach your left shoulder, return to the start position. Repeat with your left hand. Perform 3 sets of 8-12 reps on each arm.

Seated Low Row: While seated on the ground, with legs fully extend, secure the resistance band around your feet. Take a handle in each hand, with palms facing inwards and arms fully extended, pull the resistance band towards your abdomen, keeping your elbows at 90 degrees. Return to the start position. Perform 3 sets of 8-12 repetitions.

Alternating Front and Lateral Raise: With feet shoulder width apart, stand on the resistance band. You may place one or both feet on the band, choose the one that allows you to complete 8-12 repetitions. Take a handle in each hand, with arms fully extended and palms facing the ground, raise both arms in front of you until you reach shoulder height. Keep your arms straight throughout the entire range of motion. Return to the start position. Now, with arms fully extended and palms facing the ground, raise both arms to your side, forming a T shape, until you reach shoulder height. Keep your arms straight throughout the entire range of motion. Return to the start position. Perform 3 sets of 8-12 repetitions of both movements.
Day 3, Lower Body:

**Squat:** With feet shoulder width apart, secure the band underneath your feet, crouch down and hold the handles with your hands on each side of your shoulders, palms facing forward. Push yourself up by extending your legs and return to the start position. Perform 3 sets of 8-12 repetitions.

**Leg Extension:** Lie on your back, one leg extended on the floor and the other in the air and secure the band to your foot that is in the air, knee bent at 90 degrees. Pull the foot handle up by straightening your leg until it is fully extended and allow it to slowly return to the start position. Keep your thigh perpendicular to the floor and immobile throughout. Repeat the exercise on the opposite leg. Perform 3 sets of 8-12 repetitions on each leg.

**Stationary Lunge:** Secure the band underneath one foot that is staggered forward and crouch down with your other foot in line, but behind, and hold the handles with your hands on top of your shoulders, palms facing forward. Push yourself up by extending your legs and allow yourself slowly back down to return to the start position. Keep your feet solidly in place throughout. Repeat the exercise with the opposite leg forward. Perform 3 sets of 8-12 repetitions.

**Leg Curl:** Lie on your stomach, one leg extended on the floor and the other flexed in the air and secure the band to your foot that is in the air, knee bent at 90 degrees. Pull the foot handle towards your buttocks by flexing your knee and then allow it to slowly return to the start position. Keep the thigh of the working leg on the ground throughout. Repeat the exercise on the opposite leg. Perform 3 sets of 8-12 repetitions on each leg.

**Hip Abduction:** Attach one end of the resistance band to a sturdy object on your left side at ground level. Secure the other end of the resistance band to your right foot. Pull the resistance band away from your body. Keep your leg fully extended throughout. Face the opposite direction so that the band is now anchored on your right side and to your left foot. Perform the exercise with your left leg. Perform 3 sets of 8-12 repetitions on each leg.

**Hip Adduction:** Set up the band similar to hip abduction, but this time secure the band on the right side of your body and secure the opposite end of the band to your right foot. Pull the resistance band across your body. Keep your leg fully extended throughout. Face the opposite direction so that the band is now anchored on your left side and to your left foot. Perform the exercise with your left leg. Perform 3 sets of 8-12 repetitions on each leg.
**Calf Raise:** While seated, place the heel of your foot on top of a small block or book and secure the band between your toes and that block. Pull the toe area of your foot up by stretching the band and allow it to slowly return to the start position. Keep your heel solidly in place throughout. Perform the exercise on the opposite foot. Perform 3 sets of 8-12 repetitions.

**Butt Blaster:** Get on your hands and knees and wrap the resistance band around the right foot. Hold the handles in each hand, placing them on the floor below the shoulders. Begin the move with the right knee bent and flex the foot while extending the right leg straight back, squeezing the glutes. Perform 3 sets of 8-12 repetitions.

**Exercise Stability Ball**

Where can I get it?

- Natural Fitness 300-lb. Burst Resistant Exercise Ball 55cm at Target
- J-FIT Gym Ball 85cm with Pump for at AllStarHealth.com

**Day 1, Upper Body:**

**Push Up:** With your body in a straight line and arms and legs fully extended, weight resting on your toes, place your hands on the exercise ball. Lower your body by flexing your elbows until they reach 90 degrees. Press your body back to the start position. Perform 3 sets of 8-12 repetitions. If this is too difficult, the same exercise can be performed in a modified push up position on your knees. It may also help to place the ball against the wall for more stability.

**Bear Hugs:** With arms fully extended, hold the ball lightly between both hands at shoulder height. Squeeze your arms together as hard as you can and release to the start position, keeping your elbows fully extended throughout. Perform 3 sets of 8-12 repetitions.
**Tricep Dips:** Sit on the ball placing hands on each side. Pull your abs in and look straight ahead, shifting your weight into your hands, slowly begin to dip down. Lower your body down by bending the elbows to 90 degrees, keeping your elbows close to the body. Is this too difficult? Keep your legs closer to the ball and your feet firmly planted or place the ball against a wall for more stability. Is this too easy? Extend your legs farther from the ball to shift more of your weight into your hands and arms.

**Scapular Protraction:** Lie prone with your hands on top of the exercise ball, back and legs extended. Push yourself up by only moving your shoulder blades away from each other and allow them to slowly return after a short pause. Perform 3 sets of 8-12 repetitions.

**Rear Deltoid Raise:** Lean on your left side pressed against the exercise ball, back and legs extended. Keeping the angle in your elbow still raise the right arm out and up and slowly lower it back after a short pause. Repeat the exercise with the left arm by pressing your right side against the exercise ball. Perform 3 sets of 8-12 repetitions. If this is too easy, hold a weight in your hand. You could use a gallon of milk, a soup can, or any other household item.

**Tricep Extension:** Stand up and place your forearms against the exercise ball, itself against the wall in front of your chest. Push yourself back by rolling the ball towards your hands to extend your arms and slowly return to the start position. Perform 3 sets of 8-12 repetitions. If this is too easy, place your feet farther from the wall, pressing more of your body weight into the ball.

**Day 2, Lower Body**

**Squat:** Prop the ball against a wall and position it behind your lower-mid back. Walk the feet out so that you're leaning against the ball, feet shoulder with apart. Bend the knees and lower into a squat, going as low as you can (no lower than 90 degrees) and keeping the knees behind the toes. Push through the heels to return to the start position. Perform 3 sets of 8-12 repetitions.

**Leg Press:** Sit on the ball and slowly walk the feet forward until you're at an incline on the ball with knees bent. Bend the knees into a squat, rolling forward on the ball. Push through the heels to return to the start position. Perform 3 sets of 8-12 repetitions.

**Hamstring Rolls:** Lie on your back with your feet propped up on the exercise ball, legs fully extended. Press your hips off the ground. Roll the ball in towards your buttocks with your feet by bending at the knee. Roll back out and return to the start position. Perform 3 sets of 8-12 repetitions. If this is too difficult, place the ball under the knees rather than the heels.
Pelvic Dips: Lie on your back with your feet propped up on the exercise ball, legs fully extended. Press your hips off the ground, as high as you can. Gently dip your hips down, not allowing them to return to the ground. Then, squeeze your glutes to return to the start position. Perform 3 sets of 8-12 repetitions. If this is too difficult, place the ball under the knees rather than the heels.

Single Leg Lunge: With the ball behind you, place one foot on top of the ball and walk the other a few steps away. Lower your body by flexing the knee that is standing on the ground while keeping the opposite foot balanced on the exercise ball. Push through the heel to return to the start position. Repeat the exercise on the opposite leg. Perform 3 sets of 8-12 repetitions on each leg.

Ball Walks: Sit on the ball and place the hands on either side for balance or place them behind the head (harder). Contract the abs and slowly walk the feet forward as you slide the back down onto the ball. Continue walking the feet forward until you’re in a bridge position with the head and shoulders supported by the ball, hips lifted. Walk all the way back until you’re seated again in the start position. Perform 3 sets of 8-12 repetitions. If this is too difficult, hold onto a wall for balance and only walk forward a bit at a time until you feel more comfortable.

Day 3, Abs and Back

Circles: Sit on the ball and place the hands on the ball for balance or place them behind your head (more difficult). Slowly begin to roll the hips in a circle towards the right, making small circles and then, as you get comfortable, larger circles. Focus on contracting the abs each time you roll the ball forward. Repeat for 20 circles to the right and then the left.

Pelvic Tilt: Lie at an incline position on the ball with the hips down, head supported by the hands and feeling a stretch in the abs. Without rolling on the ball, squeeze the hips up then lower and return to the start position. Perform 3 sets of 8-12 repetitions.

Basic crunch: Lie at an incline position on the ball with the hips down, head supported by the hands and the ball placed towards your lower back. Lift your upper body upwards by contracting your abs. Lift your chin and chest towards the sky. Be sure to not pull on your head and neck. Perform 3 sets of 8-12 repetitions.

Back Extension: Lie face down with the ball under your hips and lower stomach, resting on your knees. Place your hands behind the head. Roll down the ball and then contract the lower back to lift your chest off the ball, bringing your shoulders up until your body is in a straight line. Do not hyperextend. Perform 3 sets of 8-12 repetitions.
Climb the Rope: Hold the ball between your feet and bend your knees at a 90 degree angle or fully extend the legs (more difficult). Lift your chest and shoulders off the ground reaching with the right hand to the outside of the left foot. Return to the start position. Repeat the exercise, reaching with the left hand to the outside of the right foot. Return to the start position. Perform 3 sets of 8-12 repetitions.

Reverse Crunch: Lie on your back, calves and hamstrings pressed against the exercise ball and arms spread out. Squeeze the ball with your legs and roll your knees towards your chest then roll back down and return to the start position. Perform 3 sets of 8-12 repetitions. To avoid straining your neck, look straight up instead of looking at your knees.

Dumbbell

Where can I get it?

- Cap Barbell Rubber Coated Hex Dumbbell at WalMart.com
- 5 lb Weight at Five Below

Day 1, Chest and Triceps:

Chest Press: Start lying flat on the floor with your knees bent and a dumbbell in each hand. Keep your forearms perpendicular to the floor and your upper arms perpendicular to your body. Press the weights upward until your elbows are almost straight but NOT locked. You will feel tension in your upper chest as you work your pectoral muscles. Return the dumbbells to the starting position and continue your next repetition with the same motion. Perform 3 sets of 8-12 repetitions.

Skull crushers: Lie on your back with your knees bent and hold the dumbbell with both your hands above your forehead. Point your upper arm toward the ceiling, with your elbow bent to 90 degrees. Slowly straighten your elbows, moving the weight upwards. Then slowly lower the weight to the starting position. You should feel tension in the muscles in the back of your upper arm. Perform 3 sets of 8-12 repetitions.
Chest Fly: Lying flat on the floor with knees bent, hold dumbbells directly above chest. Bend elbows slightly and maintain throughout the exercise. Open arms to sides. Elbows should remain 'locked' in a slightly flexed position. When upper arms are parallel to floor, return the weights to the starting position. Perform 3 sets of 8-12 repetitions.

Kickbacks: Hold dumbbells in both hands and bend over until your torso is at a 45-degree angle or parallel to the floor (more advanced). Bend the knees if needed and keep the abs engaged to protect the lower back. Begin the movement by bending your arms and pulling your elbows up to torso level. Holding that position, straighten your arms out behind you, squeezing the triceps muscles. Bend the arms back to starting position. Perform 3 sets of 8-12 repetitions.

Reverse Fly: Sit on edge of a couch or chair with your feet flat on the floor. Bend over so chest is almost resting on thighs. Hold dumbbells next to feet and bend arms slightly. Open your arms out keeping elbows bent. When your arms are parallel to floor, slowly lower dumbbells and return to the start position. Perform 3 sets of 8-12 repetitions.

Tricep Press: Standing, hold one dumbbell with two hands behind your head. With your elbows at 90 degrees, press the weight above your head by fully extending at the elbow. Your upper arm will stay immobile throughout. Return to the start position. Perform 3 sets of 8-12 repetitions.

Day 2, Back and Biceps:

Bicep curls: Stand up straight with your feet about shoulder-width apart and your knees slightly bent. Hold the dumbbell with your palm facing upward. Slowly curl the weight up by bending your elbow, keeping your elbow close to your body. Then slowly lower the weight to the starting position. Repeat. Remember to keep your wrists straight and rigid. You should feel the tension in the front of your upper arm. Perform 3 sets of 8-12 repetitions on each arm.

Seated Shoulder Press: Sit upright on a chair with dumbbells overhead. Make sure back is flat. Lower dumbbells slowly to shoulders. When arms are at 90 degrees, press the dumbbells back up. Perform 3 sets of 8-12 repetitions.

Bent over Row: Stand with your feet comfortably apart with a dumbbell in one hand. Then bend your knees and lean forward at the hips. Let the arm holding the dumbbell hang straight below your shoulder. Slowly raise the weight until your elbow lines up just below the shoulder. Raise the weight slowly until your elbow lines up just below your shoulder. Then slowly lower the weight to your starting position. Repeat. You should feel tension in the back of your shoulder and muscles across your upper back. Perform 3 sets of 8-12 repetitions on each arm.
Front Raises: Stand upright, knees slightly bent, shoulder width apart. Face palms towards your thighs. Raise one dumbbell directly in front of you. When your arm is parallel to the ground, lower the dumbbell slowly back. Perform 3 sets of 8-12 repetitions on each arm.

Lateral Raises: Stand upright, knees slightly bent, shoulder width apart, holding dumbbells at sides. Bend elbows slightly and raise the dumbbells out to sides. Keep elbows slightly bent throughout. When arms are parallel to floor, slowly lower back to starting position and repeat. Perform 3 sets of 8-12 repetitions on each arm.

Upright Rows: Stand upright with arms hanging in front of thighs, palms facing thighs, and dumbbells close together. Keeping palms close to the body, raise dumbbells simultaneously to the chin. Lower dumbbells to starting position and repeat exercise. Perform 3 sets of 8-12 repetitions.

Concentration Curl: Sit on a chair or bench with feet placed comfortably apart somewhat wider than the shoulder line and with the feet and lower legs angled slightly outward. Hold a dumbbell in one hand with that arm hanging down between your legs and next to the thigh of the same side leg. Bend over at the waist and keep the back as straight as possible. Curl the dumbbell up and then down between your legs. Brace the rear of the upper arm against the inside of the thigh above the knee while holding the dumbbell in the lowered position. Perform 3 sets of 8-12 repetitions on each arm.

Shoulder Shrugs: Begin standing upright, feet about shoulder width apart with dumbbells in both hands. Have arms dangling at your sides, with the palms facing in. Slowly raise your shoulders upwards, bringing them towards your ears, and slowly lower them to the starting position. Perform 3 sets of 8-12 repetitions.

Day 3, Lower Body:

Goblet Squat: With feet shoulder width apart, hold one dumbbell in both hands and palms facing upwards at chest level. Bend your knees now lower than 90 degrees, push your glutes back, and lower down into a squat. Ensure your knees do not extend beyond your toes. Push through your heels and return to the start position. Perform 3 sets of 8-12 repetitions.

Crossover Lunge: With feet shoulder width apart, hold a dumbbell at your side in each hand. Cross your left leg over your right and lunge as far as you can to your right side, landing on your heel. To ease the pressure on your front knee, land with your foot at 45 degrees. Return to the starting position, then repeat with the right leg, lunging to your left. Perform 3 sets of 8-12 repetitions on each leg.
**Squat Press:** With feet shoulder width apart, holding a dumbbell in each hand at the shoulders, lower into a squat position by flexing the knee no lower than 90 degrees. Ensure your knees do not extend beyond your toes and push through your heels, extending the legs, while simultaneously extending your arms overhead. Return to the start position. Perform 3 sets of 8-12 repetitions.

**Single Leg Lunge:** With feet shoulder width apart, hold a dumbbell in each hand at your sides with the palms facing inwards. Take a big step forward with the right leg while bending at the knee until the front thigh is approaching parallel to the ground (knee at 90 degrees) and the rear leg is bent close to 90 degrees at the knee and balanced on the toes. Ensure your knee does not extend beyond your toes. Push through the heel to return to the start position. Repeat the movement with the left leg stepping forward. Perform 3 sets of 8-12 repetitions on each leg.

**Plié Squat:** Stand upright with your feet in a wide stance and your toes pointing slightly outwards. Hold a dumbbell in each hand, gently resting on your thighs near the hip. Bend your knees, push your butt back and lower down into a squat, keeping your knees in line with your toes and your back upright. Push back up to return to the start position. Perform 3 sets of 8-12 repetitions.

**Calf Raises:** With feet shoulder width apart, holding a dumbbell in each hand, lift your body weight onto your toes by flexing your calf muscles. Return to the start position. Perform 3 sets of 8-12 repetitions.

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**Body Weight**

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**Day 1, Upper Body:**

**Push-Up:** With your weight balanced on your toes and hands placed shoulder width apart on the ground, lower your body weight towards the ground by flexing your elbows to 90 degrees. Return to the start position. Perform 3 sets of 8-12 repetitions.
Close Arm Push-Up: Perform a pushup while keeping your hands directly under your shoulders and keeping the elbows tight to the body. Perform 3 sets of 8-12 repetitions.

Wide Arm Push-Up: Perform a pushup while keeping your arms wider than shoulder width. Perform 3 sets of 8-12 repetitions.

Diamond Push-Up: Perform a pushup while keeping your hands close enough for the tips of the thumbs and index fingers touching, forming a diamond shape.

Tricep dips: Sit on a bench or chair. Begin with the hands next to or slightly under the hips. Lift up onto the hands and bring the hips forward. Bend the elbows (no lower than 90 degrees) and lower the hips down, keeping them very close to the chair. Keep the shoulders down. Push back up without locking the elbows. Perform 3 sets of 8-12 repetitions. To make this easier, keep your knees bent and close to the bench or chair. To make this more difficult, fully extend your legs away from the chair or bench.

Overhead Arm Clap: Hold your arms out, fully extended with the palms facing upwards at shoulder height. Raise the arms overhead and bring your hands together. Return to the start position. Perform 3 sets of 20-30 repetitions.

Day 2, Lower Body

Squat Jumps: With feet shoulder width apart, lower your body into a squat position. Once in the squat position, reach your arms back behind you and then throw them upwards to propel you into the air, jumping as high as you can. At the peak of your jump, your legs will be fully extended (as opposed to a tuck jump, where your knees are bent and come up to your chest). Return to the start position. This exercise should be a quick, explosive movement. Perform 3 sets of 8-12 repetitions.

Split-Jumps: Starting in a lunge position, one foot in front of the other, both knees bent to 90 degrees, jump vertically and switch your lead foot. For example, if your left foot started forward, you will jump upwards and switch feet while in the air so that your right foot is now forward. Perform 3 sets of 8-12 repetitions.

Step-Ups: Find a chair, bench, wall, etc. that is slightly below knee height (or higher for more advanced). With one foot, step on top of the bench until your leg is fully extended. The opposite leg will follow. For a more advanced exercise, drive the knee of the opposite leg upwards while bent at 90 degrees. Perform 3 sets of 8-12 repetition on each leg (opposite leg leading).
Single-Leg Romanian Dead Lift: Standing on your left leg, keep your right leg fully extended and lean forward until your leg and upper body make a straight line parallel to the ground (pretend as though there is a 2X4 attached on your back, running down your leg). Return to the start position. Perform 3 sets of 8-12 repetitions on each leg. If this is too difficult, perform the exercise in front of a chair to aid in balance. If this is too easy, add a weight to your hands while performing the exercise.

Toe-Taps: With your left leg bent into a quarter squat position, slowly take the right leg, fully extended and tap to your front, reaching as far as you can and then return to the start position. Repeat this motion to your left and directly behind. This is one repetition. Perform 3 sets of 8-12 repetitions on each leg.

Leg Lifts: Lying on your side, lift your top leg as high as it can go and then return to a neutral position. Repeat the exercise on both sides. Perform 3 sets of 8-12 repetitions on each leg.

Day 3, Abs

Lemon Squeezers: Lie flat on the floor with your legs fully extended; lift 6 inches off the ground. Place your hands to your sides for stability (or across your chest for more difficulty). Pretend there is a lemon sitting at your hip joint that you need to squeeze with your legs and abdominal region. Squeeze your legs in by bending at the knee and pulling in with your abdomen. Return to the start position. To make it more difficult, incline your back and upper body towards more of a straight line and pull your upper body up and in as well. Perform 3 sets of 15 repetitions.

Bicycle Crunch: Lie flat on the floor with your lower back pressed to the ground and contract your core muscles. With your hands gently holding your head, lift your knees to about a 45-degree angle. Slowly, at first, go through a bicycle pedal motion, alternately touching your elbows to the opposite knees as you twist back and forth. Perform 3 sets of 15 repetitions.

Roll-Up: Lie flat on the floor with your arms fully extended overhead and your legs fully extended as well. Using your core muscles, roll your body up to a seated position and
then bend at the hip reaching to your toes. Return to the seated position and slowly roll back to the start position. Perform 3 sets of 15 repetitions.

Heel Taps: Lie flat on the floor with your knees bent to about 90 degrees and your arms by your sides. With your right hand, reach towards your right heel by engaging your obliques to crunch to the side. Repeat the exercise with the left hand reaching towards your left heel. Perform 3 sets of 8-12 repetitions.

Front Plank: Lie face down, resting on the forearms, palms flat on the floor. Push off the floor, raising up onto toes and resting on the elbows. Keep your back flat, in a straight line from head to heels. Tilt your pelvis and contract your abdominals to prevent your rear end from sticking up in the air or sagging in the middle. If this is too difficult, balance on your knees rather than the toes. If this is too easy, rest on the palms of the hands rather than the forearms. Hold this position for 20-60 seconds. Lower and repeat 3-5 times.

Side Plank: Lie on your side with your right forearm resting on the ground. Lift yourself up to form a plank with your right arm straight and your left arm on your side. Contract your abdominals to keep your body in a straight line. If this is too difficult, drop to your knees instead of your feet. If this is too easy, rest on your hand rather than your forearm or extend your opposite arm into the air, forming a T position. Repeat this exercise on both sides. Hold this position for 20-60 seconds. Lower and repeat 3-5 times.

Now that you know that you can work out on a budget, there is no reason to not continue, be creative, change your routine every 4-6 weeks! Don’t forget, do your best to do cardio exercise 30 minutes a day 3-5 times a week and perform resistance training 2-3 times a week! We look forward to seeing you again. For more exercise ideas, please visit the following websites:

