

Get Fit Fast With These 25 Simple Exercises You Can Do Anywhere

Are you looking to get fit fast? If so, you're in luck. There are a number of simple exercises that you can do anywhere, without the need for a gym membership. These exercises are perfect for busy people who don't have a lot of time to spend on fitness. They're also great for people who are new to exercise and don't know where to start.



Exercise: Get Fit Fast With These 25 Simple Exercises You Can Do Anywhere (Simple Exercises, Get Fit, Fitness, Wellness, Health) by Diana Bryant

★★★★☆ 4 out of 5

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Here are 25 simple exercises that you can do anywhere:

1. **Push-ups:** Push-ups are a great way to work your chest, shoulders, and triceps. To do a push-up, start by placing your hands on the ground, shoulder-width apart. Your feet should be together and your body should form a straight line from your head to your heels. Lower

your chest towards the ground by bending your elbows, then push back up to the starting position.



2. **Squats:** Squats are a great way to work your legs, glutes, and core. To do a squat, start by standing with your feet hip-width apart. Lower your body by bending your knees and hips, as if you were sitting back into a chair. Keep your chest up and your knees in line with your toes. Return to the starting position by extending your knees and hips.



3. **Lunges:** Lunges are a great way to work your legs and glutes. To do a lunge, start by standing with your feet hip-width apart. Take a step forward with your right foot and lower your body by bending both knees. Your right thigh should be parallel to the ground and your right knee should not go past your toes. Push off with your right foot to return to the starting position. Repeat on the other side.



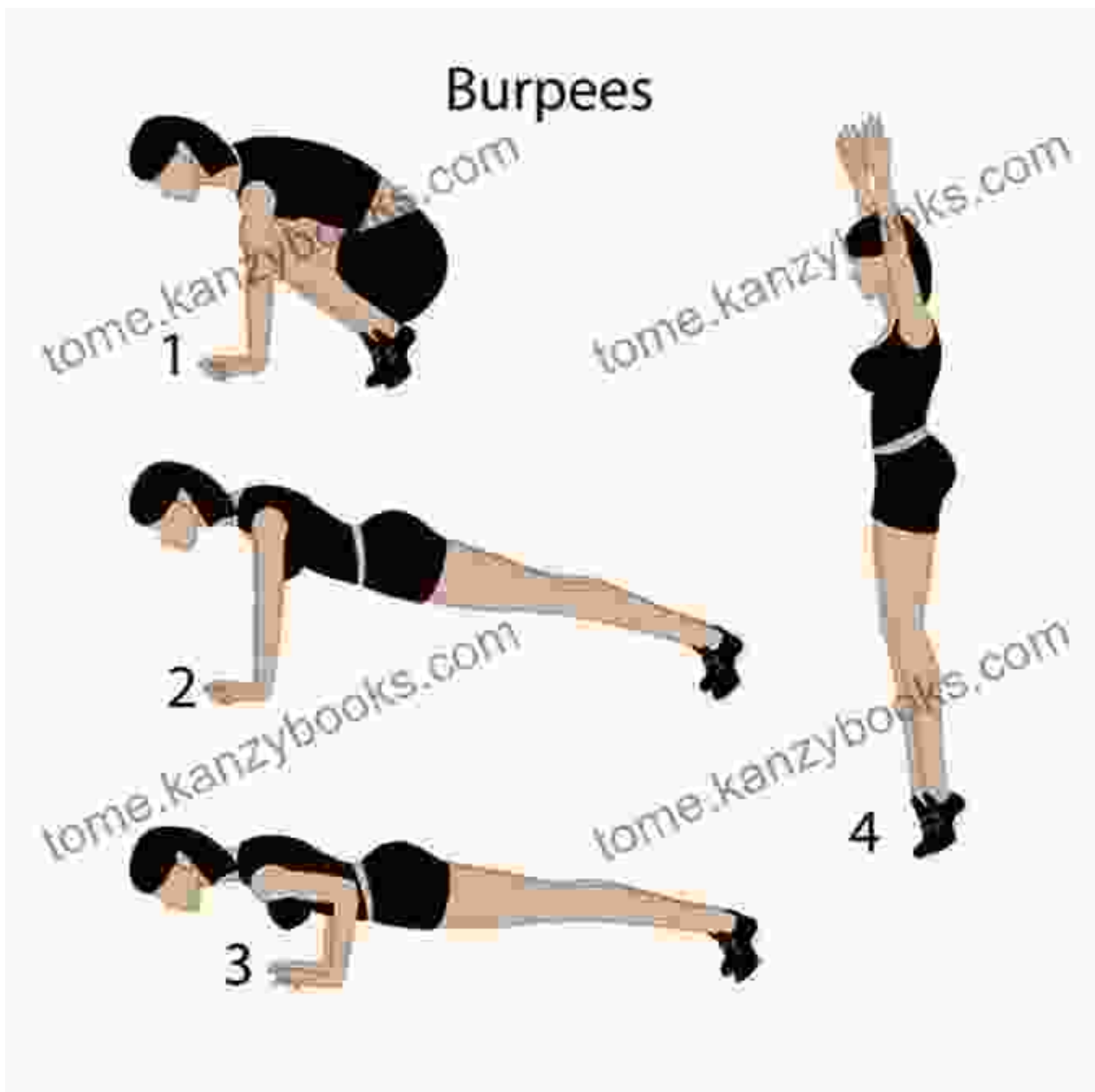
4. **Planks:** Planks are a great way to work your core and back. To do a plank, start by lying on your stomach. Raise yourself onto your forearms and toes, forming a straight line from your head to your heels. Hold this position for as long as you can.



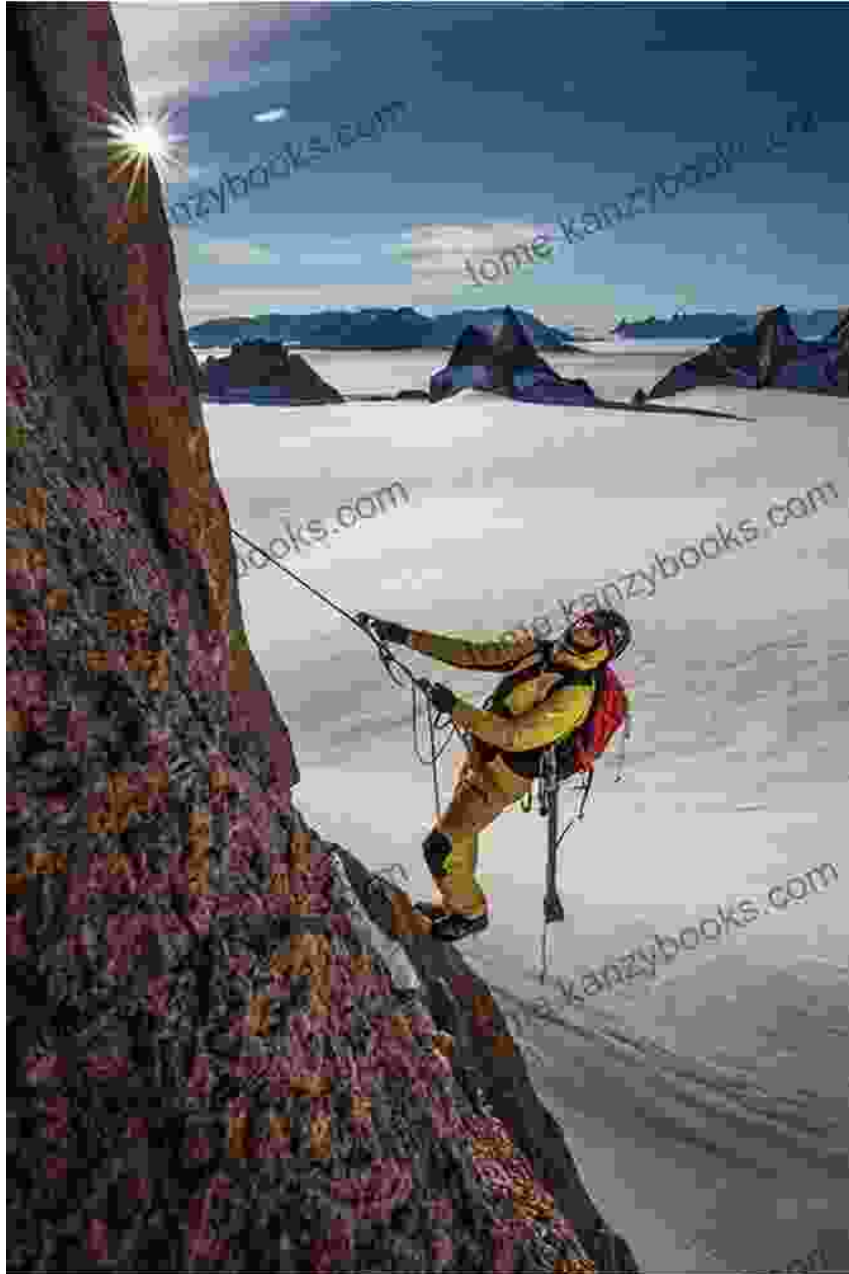
5. **Side planks:** Side planks are a great way to work your obliques and core. To do a side plank, start by lying on your side. Raise yourself onto your elbow and feet, forming a straight line from your head to your heels. Hold this position for as long as you can.



6. **Burpees:** Burpees are a great way to work your whole body. To do a burpee, start by standing with your feet shoulder-width apart. Lower your body into a squat, then place your hands on the ground. Jump your feet back into a plank position, then do a push-up. Jump your feet back to your hands, then stand up.



7. **Mountain climbers:** Mountain climbers are a great way to work your core and cardio. To do a mountain climber, start by getting into a plank position. Bring your right knee towards your chest, then return it to the starting position. Repeat with your left knee. Continue alternating legs, as if you were running in place.



8. **Jump squats:** Jump squats are a great way to work your legs, glutes, and cardio. To do a jump squat, start by standing with your feet hip-width apart. Lower your body into a squat, then jump up, reaching your arms overhead. Land softly and immediately lower back into a squat.



9. **Squat thrusts:** Squat thrusts are a great way to work your legs, glutes, and cardio. To do a squat thrust, start by standing with your feet shoulder-width apart. Lower your body into a squat, then place your hands on the ground. Jump your feet back into a plank position, then do a push-up. Jump your feet back to your hands, then stand up.



SQUAT THRUST

Stand with feet about shoulder width apart. Drop down and put your hands on the floor. At the same time you put the weight on your hands, throw your feet back into a pushup position. You can do the pushup at this time-full pushup. Bring the legs back forcefully towards your hands and stand up.

10. **Inchworms:** Inchworms are a great way to work your whole body. To do an inchworm, start by standing with your feet shoulder-width apart. Bend over and place your hands on the ground, shoulder-width apart. Walk your hands out into a plank position, then walk your feet back to your hands. Stand up and repeat.



11. **High knees:** High knees are a great way to work your legs and cardio. To do high knees, start by standing with your feet hip-width apart. Lift your right knee up towards your chest, then lower it back down. Repeat with your left knee. Continue alternating legs, as if you were running in place.



12. **Butt kicks:** Butt kicks are a great way to work your legs and glutes. To do a butt kick, start by standing with your feet hip-width apart. Lift your right heel towards your glutes, then lower it back down. Repeat with your left heel. Continue alternating legs, as if you were running in place.



13. **Jumping jacks:** Jumping jacks are a great way to work your whole body and cardio. To do a jumping jack, start by standing with your feet shoulder-width apart. Jump your feet out to the sides and raise your arms overhead. Jump your feet back together and lower your arms.



14. **Skipping rope:** Skipping rope is a great way to work your whole body and



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