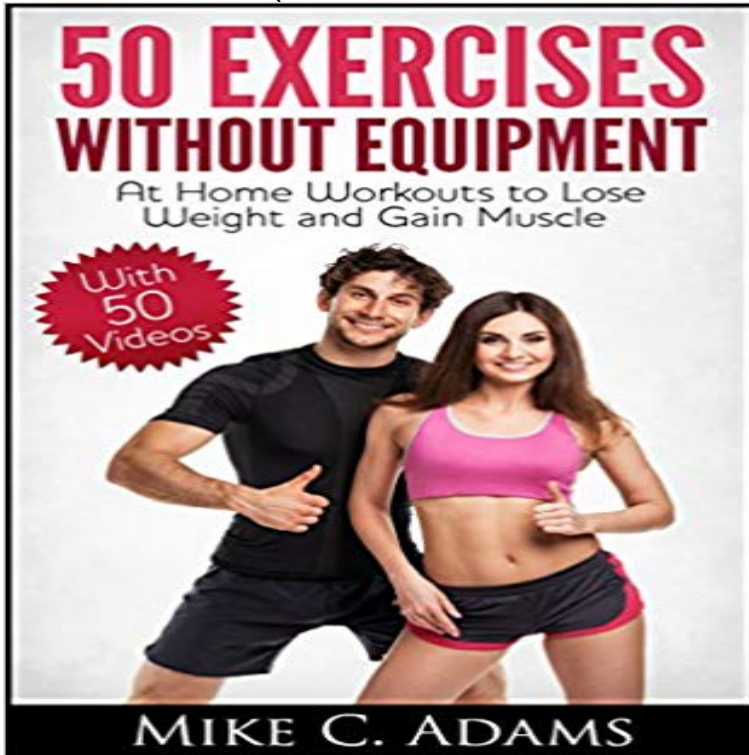


## Exercises Without Equipment : At Home Workouts to Lose Weight and Gain Muscle (Exercise at Home and Exercise Without Weight)



Exercises Without Equipment contains 50 different exercises you can do from your own home without the need of any weights whatsoever. You can build a stronger body and become healthier just by moving your body a certain way. The exercises target the arms, legs, back, shoulders, and chest, giving you a full body workout if you follow the directions. The arms exercises include the crow, wall push-ups, floor dips, body weight row, dip kick, push up down dog, chair dip, triangle push up, triceps extension on the floor, and the forearm workout. The legs exercises include the squat, alternating lunge, calf raise, stork stance, squat jump, side lunge, scissor jump, single leg hip raise, alternating drop lunge, and the deadlift. The chest exercises include the pushups, incline pushups, gorilla pushups, crossover box pushup, elevated pushups, single leg pushups, backpack pushups, wide grip press ups, close grip press ups, and chair dips. The back exercises include the cobra move, leg raises, back extensions, bird dog exercise, bridge, contralateral limb raises, superman exercise, floor Y raise, back arch, and the back stretch. The final section of shoulder exercises include the single arm plank, pike press, body saw, elevated push-ups, bear crawl on flat ground, handstand wall walks, shoulder circles, plank, rotating push-up planks, and the shoulder rotator cuff muscle stretch. All the exercises are doable from your home though you may need props like yoga balls, books or yoga blocks, mats, and cushioning of some sort like deep pile rug. Some exercises will call for the use of furniture and stairs. You are recommended to start slow and work your way up to advancing to the more challenging exercises. If you have an injury there are enough exercises to choose from that will help you to avoid further injury.

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