

Some people have this stigma that you have to workout in a gym, and sweat like crazy, in order to have an efficient workout. While there is nothing wrong with this option, and it's highly encouraged, there is still a multitude of ways to get your body moving and stay active. Let's face it; we aren't always in the comfort of our routine, which means we are unable to make it to the gym. However, there is still a way to crush your goals and keep maintaining your weight no matter where you are. In this blog, we are going to talk about some of the best exercises to do from *ANYWHERE, AT ANY TIME!*

1. **MOUNTAIN CLIMBERS**- can benefit your muscular and cardiovascular fitness. They increase flexibility, strength and even helps with blood circulation throughout your body. This exercise utilizes your upper body, your core, and legs for the ultimate all in one exercise.
2. **SQUAT THRUSTS**- are a fantastic way to strengthen your lower body using explosive movements with the quads, glutes and hamstrings. The upper body and core is used as well when going into the plank position. These are fantastic for improving conditioning, and aiding in your fat loss journey.
3. **PLANKS**- are great for strengthening your core. They are a wonderful tool for relieving back pain, and creating balance and flexibility (when done consistently). They of course aid in creating good posture, and most importantly, boost your overall metabolism.
4. **WALL SITS**- primarily build strength in the glutes, calves, quads, hamstrings and adductor muscles. Wall sits are great for challenging your balance. It is also a great way to pass time while doing your day-to-day activities. Most of us spend a lot of time sitting throughout the day as it is, so why not do it against a wall for health benefits?!
5. **LUNGES**- are great for you because they create better balance, allow for you to be more functional, helps to increase hip flexor flexibility, improves overall strength in your core, legs and glutes, creates better core stability, assists in spinal deloading (unlike squats) and increases body symmetry from imbalances you may already have.
6. **SQUATS**- obviously help to build/tone your legs, core and butt muscles. However, squats create an anabolic environment. This means that not only will you be working your legs, but you will be promoting a body-wide muscle building system. So, you can also improve your upper body as well. They are great for creating more flexibility and preventing future injuries. They are a great tool when it comes to burning fat. They help improve your circulation. If you're tired of that annoying cellulite on your legs, give squats a go. Typically, cellulite comes from poor circulation. Best of all, squats will help to make daily tasks easier. Think of all the squats you do throughout the day... sitting on a chair and standing up, picking things up, squatting down to see a child or pet, etc!
7. **CALF RAISES**- can assist in injury prevention by strengthening and stabilizing the ankle. For runners, calf raises add some muscular output and explosiveness

when sprinting. The most obvious benefit may just be better looking calves and legs overall!

8. **PUSH UPS**- are great for increasing functional strength due to full body activation. Push ups are a prime way to enhance the cardiovascular system while also increasing your whole body muscle definition. Push ups are a preventative exercise for shoulder and low back injuries, and will drastically improve your posture.
9. **TRICEP DIPS**- not only strengthen your triceps, but they build your entire upper body while also engaging the core. You will notice you engage muscles throughout the entire body because you are utilizing all of your body weight to complete the tricep dip.
10. **FLUTTER KICKS**- are great for working/toning your lower abs, glutes, hip flexors, quads and adductors. It is a great way to burn calories and burn fat through cardio. As for many exercises, it promotes correct posture. It helps to reduce back pain, increases flexibility and improves endurance.