



**Working from home?
Gym closed?**

Stay healthy and in shape with Artisan

Home Exercise Guide

The small print: As with any exercise program, we strongly recommend that you consult with your physician before starting. You should be in good physical condition & be able to participate in the exercise. Artisan is not a licensed medical care provider & represents that it has no expertise in diagnosing, examining, or treating medical conditions of any kind, or in determining the effect of any specific exercise on a medical condition.

No excuses.

Let's Keep Moving!

You don't need weights or expensive equipment to get or stay in shape. These "bodyweight" sample exercises from Self Magazine - 2017 are to be done at home with no specialized equipment.

Squats

- Stand with feet shoulder-width apart & slightly turned out with your weight in your heels.
- Hinge your hips to sit your butt back & bend knees until thighs are parallel to the ground.
- Drive through your heels to stand back up straight. Squeeze butt & keep your core tight as you stand.



MAKE IT HARDER



Add some weight

If you don't have kettlebells or free-weights at home, grab a gallon of milk or a 5# bag of potatoes.

Reverse Lunges

- Start standing with your feet about shoulder-width apart.
- Step backwards with your left foot, landing on the ball of your foot & bending your knees to create two 90-degree angles.
- Push through your right heel to return to standing.
- Repeat on the other side.



MAKE IT HARDER



GO FASTER

Increasing the speed & number of reps will make you feel the burn.

Donkey Kicks

- Start on all fours.
- Pull your right knee toward your chest, keeping your foot flexed.
- Then, kick your right leg up behind you & toward the sky, then back down, keeping your knee bent & foot flexed.
- Repeat on the other side.



MAKE IT HARDER



MAKE A SOCK WEIGHT

Grab a large sock, fill it with your loose change & tie it around your ankle. The more the challenge. No pocket change? Toss in anything that will give you some weight & fits in the sock.

IT MAY HURT A LITTLE NOW BUT ONE DAY IT WILL BE YOUR WARM-UP

Our top picks



healthline

Healthline's site has beginner, intermediate & advanced sets of home workouts, again with no specialized equipment. They also have videos displaying proper technique.

[CLICK HERE](#)



 **DoYogaWithMe**

For yoga fans there are a variety of free online yoga sessions available at DoYogaWithMe.com & there are 100s of sessions for beginners, intermediate & advanced students.

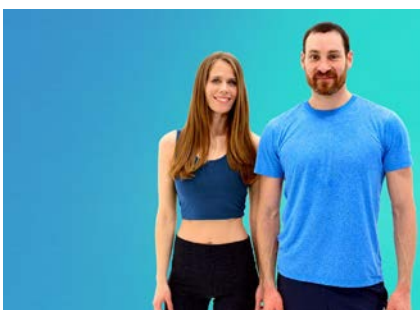
[CLICK HERE](#)



amazon

Have Amazon Prime? There are a wide variety of free online exercise videos that you can do at home with no special equipment. Focus on abs, cardio, toning, arms & more.

[CLICK HERE](#)



 **fitness
BLENDER**

Want more variety in online videos? Check out Fitness Blender's free videos - customize target areas, length of workout, training type. Include any special equipment you have.

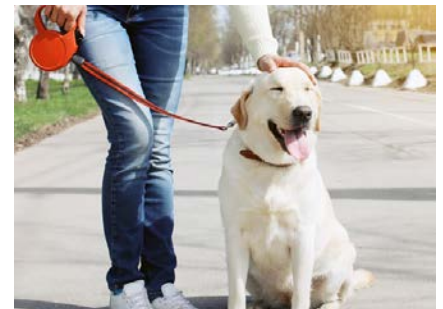
[CLICK HERE](#)



 **Lifehack**

Even if your gym is closed, you can still exercise while at your desk. Lifehack is a great resource for these quick desk or near desk exercises.

[CLICK HERE](#)



Walk around your neighborhood – put on your sneakers, get Sparky's leash, & go for a nice walk for fresh air, get out of the house for some new scenery, & the bonus? Your dog will take a good long nap when you get back!

More healthful tips & tools

Altering your family's routine can cause stress which may lead to health problems. Here are more ideas to help you manage.



SET A REMINDER

You don't sit at your desk all day in the office so don't get into that habit at home. Get up & walk for 5-minutes, once an hour.



MAKE IT HARDER - STAIRS

Use those for stair jumps, walking/running up & down or for toe lifts to strengthen calf muscles.



MAKE IT HARDER - CHAIRS

Great for tricep dips &/or incline pushups. Just make sure the chair is locked & stable.



MAKE IT HARDER - TOWELS

Use them as resistance bands for warming up & stretches. Also wrap around your foot while seated to gently stretch your hamstrings & calf muscles.



MAKE IT HARDER - FOOD

Raid the kitchen! Bags of rice or a gallon of milk can weigh a few pounds or why not do some curls with a 5lb bag of potatoes.



ESTABLISH A SET SCHEDULE

Kids want & need that structure & direction at home too. Include wake up time, chores, naps, meals, school work, reading, play & bed time.



HYDRATION & HEALTHY SNACKS

Drink water & keep healthy snacks at the ready. It's much easier to snack when you're working from home since no one's looking & the kitchen is right around the corner!



START A FITNESS CHALLENGE

Using a free app like InKin, you can challenge your co-workers to keep those steps coming whether it's on a home treadmill, walking around your neighborhood.



MOTIVATIONAL QUOTES

It is important now more than ever to maintain a positive attitude. Get a daily motivational subscription like insight of the Day delivered to your inbox can help.



Check out these resources to help you clear your mind to help you relax and reduce stress.

A step by step guide of deep and mindful breathing

A step by step guide on how to meditate