

Fitness at home at any level

Your home workout routine doesn't have to be complicated. And, to be successful, you don't need fancy equipment. Just make sure you consult with your doctor before you get started.

Here are some sample workouts with and without equipment. Complete five sets of 10 reps for each exercise, resting as needed between each set.

Workout 1 (no equipment)

- Calf raises
- Lunges
- Squats
- Plank with shoulder taps
- Superman with shoulder squeeze
- Pushups

Workout 2 (with equipment)

- Bicep curl and shoulder presses
- Bent over row and triceps kickback
- Overhead carry and lunges with twist
- Standing chest press and wood chop

You can find on-demand workout sessions at bluecrossvirtualwellbeing.com on the member page under the Well-Being Coach Videos tab. Sessions include:

- Functional Fitness Workout
- Sun Salutation Yoga Flow
- Ruck Plate Fitness

Sources: bluecrossvirtualwellbeing.com, acefitness.org*

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