

Physical Activity: Options For Working Out At Home or the Gym

Google: Nerd Fitness 42 Best Body Weight Exercises

Do not neglect the 5 Major muscle groups. Choose 5 exercises from this website to target these muscles.

1. Gluteus Maximus (Butt)
2. Quadriceps (Thighs)
3. Pectoralis Major (Chest)
4. Upper Back and Shoulders
5. Core (Abs, Lower Back, and Obliques)

Fit Bod App (Free)

This allows you to put in what equipment you have at home or the gym.

It also allows you to choose which muscles you want to target. It will then show you what exercises to do.

YouTube

Below is a video that is a home workout for beginners. You can also search Youtube for many others.

<https://youtu.be/HJByH8S9Tfw>