

# The Top Four Exercises That Can Be Done Without Equipment

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**Successful exercising does not need expensive equipment or a gym membership. Learn four exercises that can be done easily at home with no equipment.**

([NewsWire.net](#) -- December 19, 2018) -- Exercising is an important and healthy activity that has been linked a to a huge range of benefits for both physical and mental health, and most doctors and nutritionists agree that the average person should be getting a certain amount of exercise every week.

This generally means that people have two options: travel to the gym and hit the machines, or get the machines back at home for more convenience. But workout machines are not always necessary, and there are plenty of [exercises that can be done without any equipment](#) that yield the same results. Not only does that mean you can avoid any possible injuries caused by these machines – with millions of accidents reported every year – but it can save you money on the equipment itself, and the costs of a gym membership. With that in mind, these are the best exercises that can be done at home without the use of expensive equipment.

## The Best Exercises To Do at Home Without Equipment

### 1. Squats

Squats are a crucial part of any workout regime. They’re one of the best multi-task exercises available, and have been shown to burn more fat than most other exercises due to the muscle gained from doing squats on a frequent basis. It’s also one of the oldest exercises around, and promotes circulation, activates core and back muscles, and due to how easy it is to do, most people should have no problem making squats a vital part of their exercises. They are always recommended for home workout with no equipment, toning and firming the body, especially the thighs.

### 2. Push-Ups

Push-ups are a compound exercise that uses several muscle groups at the same time. The classic exercise works out your core, triceps, biceps, deltoids, and lower body, and that’s all used just to keep the body stabilised. It’s an exercises that increases your heart health due to the extra blood it needs to get around. Posture is important with this one, and done right, they can prevent lower back pain and strengthen the muscles against potential injury. They can also be done while watching TV or even playing automatic [online pokies NZ](#) if you get bored while exercising.

### 3. Planks

Training experts say that planks are one of [the few exercises around that use virtually the entire body](#) . They can also be done anywhere, and have a large range of variations. While they look simple, they’re actually deceptively difficult to pull off correctly at first. Planks work on the transverse abdominis, obliques, and rectus abdominis. The glutes are also put to work, which carry the muscles in the lower back. Planks can be done safely and without complication, despite how difficult they can be to get right.

### 4. Lunges

Unlike normal squats, lunges involve a shift in weight as you’re either stepping backwards or forward. Lunges are

considered as complex exercises due to the forward, reverse, and lateral moves that need to be made. They affect the entire body – not just the legs – making them a powerful exercise that can be done easily at home.

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