

Fitness Equipment Substitutes

WEIGHT:

- Bag of sugar*
- Bag of flour*
- Bag of rice*
- Bag of potatoes*
- Bagged produce (apples, oranges or onions)*
- Bag of dog food*
- Fill empty milk jugs with sand or water
- Toolbox
- Your pet
- Canned goods (pantry staples – soup, beans, etc)
- Books/textbooks
- Painting cans
- Laundry detergent with handle
- Cans in canvas bags
- Filled water bottles
- Buckets of sand or water
- Cinder blocks
- Tires (Winter tires stored in garage)

*Any bagged items can be put in a backpack while exercising so weight is more evenly distributed while working out

MAT:

- Mexican blanket or woven blanket
- Towel
- Rug Carpet
- Bath mat

SLIDER:

- Towels
- Wear socks (no shoes)

STEP UPS/BOX JUMPS:

- Sturdy chair
- Toolbox
- Bench
- Outdoor concrete garden walls
- Stairs
- Camping cooler

SKIPPING:

- March on the spot
- High knees
- Hop

YOGA STRAP:

- Bath robe tie
- Necktie
- Scarf
- Towel

YOGA BLOCK:

- Books
- Stiff pillow or rolled up blanket (for under hips/sitting on)

Another great option is to try doing exercises that use your own body weight. This way there is no need to improvise what kind of equipment you need!

Bodyweight Specific Exercises

SQUATS:

- Plie
- Single legged
- Sumo
- Split
- Jump
- Pistol

LUNGES:

- Jump
- Reverse
- Forward
- Walking
- Split
- Bulgarian split (rear-foot elevated)
- Curtsy
- Lateral

PUSH UPS:

- Modified (from your knees)
- Incline (use a wall or chair)
- Diamond
- Wide grip
- Clapping

BURPEES

MOUNTAIN CLIMBERS

PLANK

WALL SITS

CRUNCHES

BICYCLE CRUNCHES

JUMPING JACKS

GLUTE BRIDGE

