

How to Make a Home Gym

If you are pregnant, talk to your doctor before starting an exercise program.
Ask about the activities that are right for you.



Get jumping!

- Jump rope for 30 seconds, rest, and repeat.
- Put the jump rope on the floor and jump from side to side for 20 seconds. Then rest and repeat. **Do not do if pregnant.**

Grab a towel

Grab the ends of a towel and raise it from behind your head to over your head. Do it 10 times, then rest, and repeat.

“Ab twist” with a ball (any size)

Sit on the floor with legs bent, feet shoulder-width apart, and toes pointing up so that you are resting on your heels. Hold the ball with both hands and extend your arms out in front of you. Twist your waist from side to side. Do 10 on each side, rest, and repeat.

Playground gym

- If you live near a park or take care of kids, use the jungle gym as a chin up bar! Do as many chin ups as you can.
- You can also hang and raise your legs, keeping them straight. Do this 10 times, rest, and repeat.

Home-made dumbbells

Use water bottles or milk jugs filled with dirt or sand, or canned food as dumbbells/weights:

- **Do bicep (upper arm) curls.** Stand with feet shoulder-width apart. Hold weights straight down at your sides, palms facing forward. Slowly bend your elbows and lift weights toward chest. Keep elbows at your sides. Hold the position for 1 second. Slowly lower your arms. Repeat 10-15 times. Rest, then repeat 10-15 more times.
- **Do front arm raises.** Stand with your feet shoulder-width apart. Hold weights straight down at your sides, with palms facing backward. Keeping them straight, raise both arms in front of you to shoulder height. Hold the position for 1 second. Slowly lower your arms. Repeat 10-15 times. Rest, then repeat 10-15 more times.
- **Do side arm raises.** You can do this exercise while standing or sitting in a sturdy, armless chair. Keep your feet flat on the floor, shoulder-width apart. Hold hand weights straight down at your sides with palms facing inward. Raise both arms to the side, shoulder height. Hold the position for 1 second. Slowly lower your arms. Repeat 10-15 times. Rest, then repeat 10-15 more times.