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How to: Workout at Home During Coronavirus Outbreak

Building on our Thoughts and Tips from TMASF Connects Staff piece, the How to: *series looks to expand on some of the topics presented previously.*

Does the idea of a home workout overwhelm you? What's more difficult than figuring out what to do? How do you set up an effective home workout? What do you do if you don't have any equipment or space? Your TMASF Connects staff has been working out together, virtually of course, almost every day. Here are some new tips we are finding to stay fit!

Bodyweight Exercises – No Equipment Needed
There are a variety of exercises that can you build strength and burn calories – all without equipment! Using your Core muscles, these exercises will get our heart rate up and you can get the most out of your time!
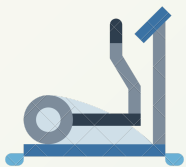
Exercise Video Resources
Variety, convenience and structured home exercise, you can't beat videos. Workouts for every age, gender and interest. You can work out anytime you like in the privacy of your own home and continue to benefit your body and mental health rather than sitting on your desk all day. Check out the links below to help you choose:

- Video Fitness — There are so many video reviews at this website, you could spend more time reading about videos than actually doing them. However, the site is well-organized, and you can find videos in a variety of ways: By instructor, type of workout, fitness level and more. The reviews are posted by real exercisers, giving you more detail beyond the generic, sometimes misleading descriptions on the video covers.
- Amazon.com — The online giant is a great place to find exercise videos, compare prices and read reviews about different videos and workouts.
- Youtube – Channels like Blogilates, Emi Wong, and Popsugar Fitness have some great work out tutorials which are both simple and easy to follow

Click the icons on the interactive image on the following page for a number of different Youtube channels and articles to sculpt your best self!

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Fitness AT HOME