

10 Minutes of Stress-Reducing Home Exercises

Take 10 Minutes to Tone and Strengthen

Are you missing the gym? Feeling stiff from working on your laptop or increased time on the couch? You're not alone.

These simple bodyweight exercises can be done in the comfort of your living room. They're suitable for all levels of fitness and don't require any equipment.

Be sure to warm up before any exercise routine. Some gentle stretches and a few jumping jacks will slowly raise your heart rate and increase blood flow to your muscles.

Arm Circles

Start by standing with your arms extended to the side. Make 20 small clockwise circles, then switch to counterclockwise and repeat. Increase reps over time for an easy yet effective way to tone your shoulders, biceps and triceps.

Calf Raises

Simple calf raises are a great way to build strength. Stand up straight, push into the balls of your feet slowly and lift your heels, then slowly lower them. You can increase the level of difficulty by holding weights, bending your knees slightly or standing on one leg at a time.

Squats

Stand with your feet hip-width apart, send your hips back and sit down into a squat position. Keep your chest up, back straight and heels on the ground. Be careful not to let your knees go too far forward.

Start with 10 reps to begin strengthening your lower body, and work your way up to 3 sets of 10-15. Add a blast of cardio by jumping up with your arms overhead at the end of each rep.

Push-ups

Push-ups are a classic exercise for a reason; they strengthen your back, core and work your chest, shoulders and arms. Start out with incline push-ups using a stable surface, like a table or even the edge of your bed.

Position your hands on the edge of the table, slightly wider than shoulder-width apart. Straighten your back, engage your core and bend your elbows to slowly lower yourself. When your chest reaches the edge, straighten your arms to lift yourself back up.

Start with a couple of reps and work your way up from there – when you can do 20 of these, you're ready for regular floor push-ups!

Wall Sit

Finish up with wall sits. Stand against a wall and slide your back down until you come to a seated position. You're looking for a 90-degree bend at both your hips and your knees. Tighten your stomach muscles and stay in this position for 30 seconds. You should feel your weight in your heels and a burn in your quads. Repeat three times.

Increase the intensity of this exercise by holding weights or extending one leg in front of you to alternate weight distribution.