



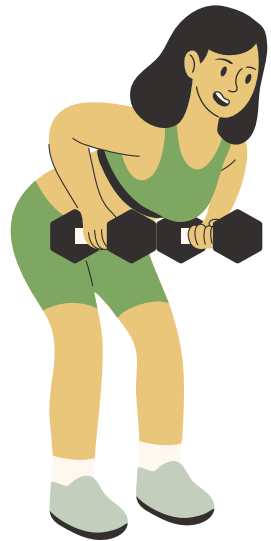
Lower-Body Workout

Wellness For Tight Spaces & Time



March in Place

30 seconds fast to elevate your heart & warm-up



Bent Over Row

Engage core, arch back. Lift dumbbells to sides, crunching shoulder blades. 3 sets of 15



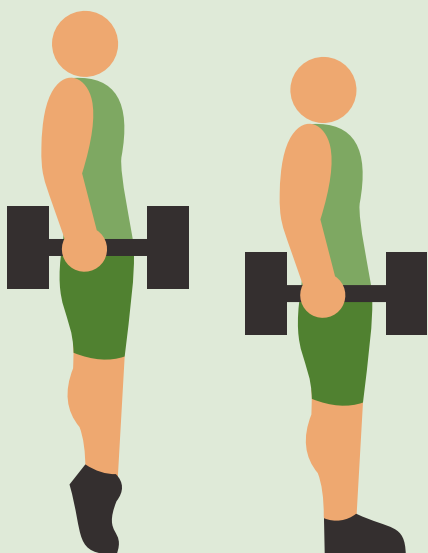
Reverse Lunges

Step back into lunge, lowering back knee. Keep shoulders & chest up. Front knee should not extend past foot. 3 sets of 10 on each side



Standing Kickbacks

3 sets of 10 on each side. Be sure not to rotate your hips.



Calf Raises

3 sets of 20



Dumbbell Squats

3 sets of 15. You can also use a kettlebell or body weight. Be sure your knees do not extend past your toes



Quick Workouts You Can Do Standing Up

- Not every workout needs a yoga mat or sprawling room.
- Think standing squats, arm circles with dumbbells, stair steps, or resistance band pull-aparts.
- You can break a sweat without moving furniture.

Mini Wellness Breaks for Mind + Body

- Inhale for four counts, exhale for six.
- Stretch your arms overhead and roll your shoulders.
- Sip lemon water and close your eyes.
- In five minutes, you've just refreshed your nervous system.

Mini Wellness Breaks for Mind + Body

- Resistance bands, kettlebells, a yoga block, and a sturdy chair.
- These small but mighty tools don't take up much space but bring major gains.

Mindset Mantras When You're Feeling Boxed In

- "My space is sacred."
- "I make room for my wellness."
- "I am not confined; I am creative."
- **Say it, believe it, embody it.**



Disclaimer:

The tips provided in this blog are for informational purposes only and should not be considered medical advice. Always consult with a healthcare professional for medical diagnosis before starting any new exercise or nutrition program, especially if you have any underlying medical conditions or injuries.