

The tone of your morning directly determines the productiveness of your day. If you want to thrive every day and be your most productive self, you need a strong morning routine .So make exercise a part of your daily

# At-homework out

## Staying fit during lock down

Gym Closed? Try This At-Home Workout!

Is your gym closed or you are not having access due to lock down ? Are you struggling to figure out how to exercise without weights at home? There is a way out for you!

You can do this anywhere! In your bedroom, living room, or any free space .

Bodyweight exercise is a great way to workout for many reasons. One of the best things about bodyweight exercises is that it gets your whole body moving!

You can try doing this great circuit workout even when you are at home mentioned in this post.

## Get Moving

Here is a great circuit you can do to get your blood moving and burn calories at home. This is great for beginners or experts when someone is looking for a quick sweat.

Perform each workout, then transition to the next with no rest in between. Do it for 3 rounds.



## Circuit

25 Bodyweight squats

10 Push ups

15 Lunges (15 per leg)

10 Dumbbell rows (if you don't have a dumbbell use a milk jug, or anything heavy!)

20 Second plank (make sure to squeeze your abs)

30 Jumping jacks

REPEAT

Make sure to drink water after, and stretch to loosen up your muscles. This workout can get you a good sweat in during this lock down! 😊