Complementary blog post: Outdoor Vs Indoor Exercises

Subject: Simple Indoor Exercises You Can Do Without Equipment

{firstname}

Looking for simple, effective indoor exercises you can do without any equipment?

While outdoor exercise is typically better for you, sometimes it’s difficult to get outside to work out. This is especially true in the colder months, where it isn’t just more difficult to motivate yourself, but it’s also potentially more dangerous too.

Any exercise is better than no exercise and some indoor activities can prove extremely beneficial. So, to give you a little inspiration, here’s 3 simple indoor exercises you can do without equipment.

1. Dancing

If you’re looking for something to do that won’t actually feel like exercise, dancing is an excellent option. Simply turn up your favorite energetic music and get moving!

You don’t need to be an expert dancer; the key is to just move wherever the body takes you. To make it even more fun, why not host dance parties? You and the girls could get together once a week and dance your hearts out for an hour or two.

Dancing primarily works the legs, but it also provides a full body workout and really gets the heart pumping. The fact it’s enjoyable also helps you to stick to it.

2. Squats

Squats are frequently listed as one of the top exercises you can do and for very good reason. They can be done virtually anywhere, they require absolutely zero equipment and to top it off, they provide fantastic results.

If you combine squats with lunges, you’ll also get a better cardio workout and you’ll experience much better, faster results.

3. The Plank

The plank is an extremely effective pose that’s most commonly used in Yoga. However, many people don’t realize just how effective this simplistic looking pose actually is. It’s one of the best exercises you can do to work your core and just a couple of minutes each day can have unbelievable results.

Start out by holding the pose for 30 seconds. This is surprisingly a lot more difficult than it sounds. Then each additional day you do it, hold it for an extra 10 seconds. It’s worth researching to discover how to do the plank correctly as despite it being a simple exercise, most people who try it do get it slightly wrong to start with.

Interested to see how effective indoor exercise is compared to outdoor exercise? Check out our great blog on the website…

LINK

Overall, it doesn’t matter how much space you have or what budget you’re working with, there’s plenty of fantastic indoor exercises you can do without equipment. The three above are just a few of the most effective.

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