

Improve your health, one task at a time



Gym Equipment

- Utilizing different types of exercise equipment is a great way to spice up your workout and improve your overall fitness
- **Exercise Equipment Examples:**
 - plyo box
 - kettlebell
 - medicine balls
 - resistance bands
- If you find yourself needing an explanation or demonstration for a piece of equipment that is new to you, stop by the optimal you desk for assistance

Household Equipment

- No gym equipment? no problem!
- Using common household items, you can do similar exercises at home as you would in the gym
- **Household Object Examples:**
 - backpack
 - chairs
 - couch/sofa
 - filled water bottle/s
- **Wellbeats** is a great mobil resource to use for fun, effective workouts at home or on the go
 - Amway employees have access to 100s of virtual workout videos for **FREE!**
 - <https://portal.wellbeats.com/>

Sample Exercises

At the gym

- **Plyo box:**
 - box jumps, lateral box jumps, or single leg squats
- **Kettlebell:**
 - deadlifts, bent over row, or halos
- **Medicine balls:**
 - ball slams, russian twists, or push-ups on the ball
- **Resistance bands:**
 - lateral walk, bicep curls, or upright row

At home

- **Backpack**
 - fill backpack with weighted objects then walk up and down the stairs or go for a walk
- **Chairs**
 - chair squats, mountain climbers, or seated body lift
- **Couch/Sofa**
 - push ups, tricep dips, bulgarian split squats
- **Filled water bottle/s**
 - hammer curls, chest press, or single-arm kickbacks