



# Get active workout

Build muscle at home with these simple moves.

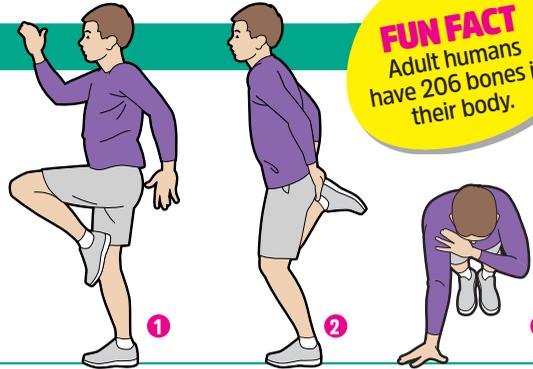
This series of exercises isn't just about getting your heart rate up, it's about getting stronger. Focus on precision, not speed.



This workout is a strength session. You will need two filled bags, like a tote or backpack. Try to make them as heavy as you can while making sure to do the exercises correctly. Take as long as you need between each exercise. The last set of each one should feel really challenging. You can do each exercise completely before moving on or do it as a series—one set from each exercise at a time.

## Warm-up

1 Start with 20 seconds of high-knees running in place. 2 Then do 20 seconds of butt-kick running in place. 3 Finally, do 20 seconds of push-up position shoulder taps. Get into a push-up position and tap your hand to your opposite shoulder, alternating each time, while keeping your body straight. Complete each five times.



**FUN FACT**  
Adult humans have 206 bones in their body.

## Single-arm row

### What to do

1 Bend forward so your back is parallel to the floor, and place your hand on a chair to support your body. 2 Pull the bag up and into your tummy and lower it down again. Do three sets of 12 per arm.

### What it does

This works your lats (sides of your back), upper back, and biceps (front of the upper arms). A slight bend at the knees will help you keep your back flat as you move.



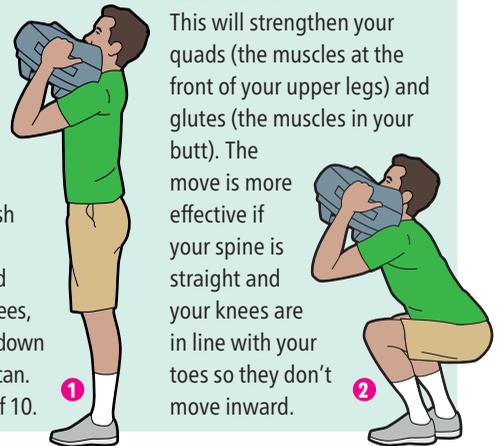
## Front squat with weighted bag

### What to do

1 Hold the bag in front of your face with elbows pointing forward. 2 As you push your hips backward and bend your knees, slowly squat down as far as you can. Do two sets of 10.

### What it does

This will strengthen your quads (the muscles at the front of your upper legs) and glutes (the muscles in your butt). The move is more effective if your spine is straight and your knees are in line with your toes so they don't move inward.



## Shoulder press overhead

### What to do

1 Hold the bag in front of your face sideways. Tighten your tummy, legs, and butt. 2 Push the bag overhead until your arms are straight, then come back down slowly. Do two sets of 10.

### What it does

Shoulders and triceps (the back of your upper arms) get a workout here. It's also good for your core (stomach and back) muscles, which have to work hard to keep your body straight while the weight of the bag is overhead.



## Shopping bag deadlifts

### What to do

Stand with a weighted bag in each hand. 1 First, lower them to the floor by slightly bending your knees and leaning forward. Touch the floor lightly. 2 Then stand up and repeat. Keep a strong, flat back throughout by sticking your chest forward proudly. Do two or three sets of eight to 12 lifts.

### What it does

This exercise works many muscles, like your glutes (butt), quads (front of your upper legs), core (stomach and back), forearms, hamstrings (back of your thighs), and lower back. It can also improve your ability to jump vertically.

