



## NO EQUIPMENT NEEDED WORKOUTS

### FOR ADULTS

Is your gym closed? Look to these great resources to exercise safely with no “gym” equipment necessary. Click each link to discover new ways to exercise at home.

#### EXERCISE VIDEOS

<a href="#"><u>Tai Chi to Improve Immunity and Reduce Stress with Dr. Paul Lam</u></a>	<a href="#"><u>American College of Sports Medicine workouts</u></a>
<a href="#"><u>Lean Legs Bodyweight Exercises</u></a>	<a href="#"><u>ACE Yoga Playlist</u></a>

#### EXERCISE CLASSES

<a href="#"><u>MU Human Performance Institute</u></a>	<a href="#"><u>Try a free 90-day trial of FitBit Premium</u></a>
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#### EXERCISE GUIDES

<a href="#"><u>MU Department of Nutrition and Exercise Physiology</u></a>	<a href="#"><u>Too Busy to Exercise? 4 Crucial Exercises You Can Do in 5 Minutes</u></a>
<a href="#"><u>ACE's Kickstart Workout, A Week-By-Week 3-Month Exercise Program</u></a>	<a href="#"><u>The Upper-Body/Lower-Body/Heart-and-Lung/All-in-One/Totally Free Workout</u></a>
<a href="#"><u>HIIT in the Park With Tabata</u></a>	<a href="#"><u>Top 25 At-Home Exercises</u></a>
<a href="#"><u>102 Exercises in the ACE Fitness Library</u></a>	<a href="#"><u>Darebee Workout Guides</u></a>

## Disclaimer

You should consult your physician or other health care professional before starting this or any other fitness program to determine if it is right for your needs. This is particularly true if you (or your family) have a history of high blood pressure or heart disease, or if you have ever experienced chest pain when exercising or have experienced chest pain in the past month when not engaged in physical activity, smoke, have high cholesterol, are obese, or have a bone or joint problem that could be made worse by a change in physical activity. Do not start this fitness program if your physician or health care provider advises against it. If you experience faintness, dizziness, pain or shortness of breath at any time while exercising you should stop immediately.

These sites and handouts offer health, fitness and nutritional information and is designed for educational purposes only. You should not rely on this information as a substitute for, nor does it replace, professional medical advice, diagnosis, or treatment. If you have any concerns or questions about your health, you should always consult with a physician or other health-care professional. Do not disregard, avoid or delay obtaining medical or health related advice from your health-care professional because of something you may have read on any site. The use of any information provided on these sites and handouts is solely at your own risk.

Developments in medical research may affect the health, fitness and nutritional advice that appears here. No assurance can be given that the advice contained in on these sites and handouts will always include the most recent findings or developments with respect to the particular material.

If you are in the United States and think you are having a medical or health emergency, call your health care professional, or 911, immediately.



This guide was created by MU Extension faculty Lindsey Stevenson and Melissa Cotton who specialize in nutrition and exercise education and was reviewed by exercise physiologists from MU Extension. MU Extension's Nutrition and Health unit enhances access to the resources and research from University of Missouri. Please visit the home page to learn more about MU Extension Nutrition and Health <https://extension2.missouri.edu/find-your-interest/youth-and-family/nutrition-and-health-education>