

Option 1: Bodyweight Exercises — No Equipment Needed

The simplest way to work out at home is to use your own body. There are a variety of effective [bodyweight exercises](#) that can help you build strength, endurance and burn calories. And by [circuit training](#) (going from one exercise to the next, without little or no rest), you keep your heart rate up, burn more calories and get the most out of your exercise time.

How to:

1. **Choose your workout** — Cardio, strength training or a mixture of both
2. **Choose 10 different exercises** — For cardio, focus on exercises with different levels of intensity. For example, you might alternate a high-intensity exercise (such as jumping jacks or [burpees](#)) with an easier move (such as marching in place). For strength training, choose pushes, pulls, front-of-leg, back-of-leg, and core movements, such as [squats](#), [lunges](#), [pushups](#), and [dips](#). **Exercise ideas:** [Step by Step Cardio Exercises](#), [Step by Step Bodyweight Exercises](#)
3. **Choose the length of each exercise** — Beginners might start with 10-30 seconds or 8-16 reps, while intermediate or advanced exercisers might go for 60-90 seconds or 20 or more reps
4. **Get Ready** — Set up a timer or use a stopwatch, turn on some music or your favorite TV show and start with a [warm-up](#)
5. **The Workout** — Do 1 circuit if you're a beginner or short on time. Do 2-5 circuits for a more intense workout

Sample Cardio Circuit Workout (No Equipment)

- 1 min: March in place — Lift the knees high and swing the arms
- 1 min: Jog in place, pushing the arms overhead
- 1 min: High knees
- 1 min: Slow, controlled Plyo-jacks
- 1 min: Regular jumping jacks
- 1 min: March in place
- 1 min: Skaters
- 1 min: Mountain climbers
- 1 min: High knees
- 1 min: March in place

Sample Strength Circuit Training (No equipment)

- 1 min: March in place to warm up
- Squats — 20 reps
- Reverse lunges — 12 reps on each leg
- Pushups (on the knees or toes) — 10-12 reps
- Dips — 10-12 reps
- Walking lunge with arms overhead — 10-12 reps
- Lateral leg lifts
- Planks
- Glute bridge
- [Back extensions](#)

Exercise Videos

For variety, convenience, and more structured home exercise, you can't beat exercise videos. There are workouts for every age, gender, goal and interest, and you can workout anytime you like in the privacy of your own home. The best thing about exercise videos: There are thousands upon thousands to choose from, so almost anyone can find a video they like. The worst thing about exercise videos: There are thousands upon thousands to choose from, making the search for the perfect video an overwhelming process.

Though you can find exercise videos almost anywhere videos or fitness equipment are sold, you'll find some of the best videos are only sold online.

Exercise Video Resources

[Collage Video](#) — This is by far my favorite website for researching and buying exercise videos. You can search by keyword, fitness level, instructor and much more. The user reviews and video clips make finding the perfect video a little easier.

[Video Fitness](#) — There are so many video reviews at this website, you could spend more time reading about videos than actually doing them. However, the site is well-organized and you can find videos in a variety of ways: By instructor, type of workout, fitness level and more. The reviews are posted by real exercisers, giving you more detail beyond the generic, sometimes misleading descriptions on the video covers.

Amazon.com — The online giant is a great place to find exercise videos, compare prices and read reviews about different videos and workouts.

[Cathe.com](#) — Cathe Friedrich is one of my favorite video instructors and she offers tons of videos and collections. A bonus: Cathe offers her workouts in two formats, on DVDs or as downloadable versions you can watch on your computer, smartphone or iPad.

[What to Know Before You Buy Exercise Videos](#)

Popular Home Exercise Videos

Best for Beginners: [Leslie Sansone's Walking at Home Videos](#), [Shapely Girl Workout Videos](#)

Great Circuit Training Videos: Paul Katami's Hollywood Bootcamp 4x4, Michelle Dozois' Peak 10 More Cardio Strength, and Cathe Friedrich's Circuit Max.

Best High-Intensity Cardio Videos: [Amy Dixon's Breathless Body 2](#), Michelle Dozois' Peak 10 Cardio Interval Burn, [Cathe Friedrich's HiiT Training](#)

Best for Seniors: Jane Fonda's Prime Time Firm and Burn, The Kettlebell Boomer Workout

Online Workouts and Resources

The Internet may be your favorite way to waste time, but it also offers a wealth of resources for home and/or traveling exercisers. Not all content is created equal on the World Wide Web but, if you know where to look, you can find almost everything you need to know about exercise: How to [set up a home gym](#), create your own exercise program, and learn the basics of [cardio](#), [strength training](#) and how to [get in shape with exercise](#).

You can also take advantage of the many websites offering both paid and free online workouts and exercise programs. You'll find workouts you can print, view online or even stream to your computer, phone or iPad.

[The 8 Best Online Exercise Classes](#)

Online Workouts from Verywell

You can start right here with some of the many free workouts available to you from Verywell:

- [10-Minute Home Circuit Workout](#)
- [30-Minute Total Body Strength Workout](#)
- [Workout Center: Abs & Circuit Training](#)
- [Chest, Shoulders, and Arms Workout](#)
- [Back & Biceps Workout](#)
- [Lower Body & Core Strength Workout](#)
- [Total Body Home Workout With Dumbbells](#)
- [Yoga Workout With an Exercise Ball](#)
- [Staircase Workout](#)
- [Bosu Ball Total Body Workout](#)
- [Advanced Total Body Workout](#)
- [Advanced Cardio & Strength Workout](#)

