

3 Tricks to Stay Fit When You Can't Get to the Gym

You don't need a gym membership to stay in shape. Though access to professional gym equipment is undoubtedly helpful, there are plenty of ways to stay fit even when you can't get to the gym.

Squeeze in an effective gym-free workout with top 3 tricks outlined below.

Bodyweight Training

The benefits of bodyweight training can't be overstated. Using only the weight of your own body, these equipment-free exercises can be done just about anywhere.

Bodyweight exercises combine cardio and strength training into a highly efficient workout. Incorporate several different bodyweight exercises to target every muscle group. Try a high-intensity circuit training routine for even more fat burning benefits.

A few of the most popular bodyweight exercises include:

- **Push-Ups** – Lie face down with your arms shoulder width apart. Push your body up while keeping your back straight. Great for shoulders, arms, core, and back.
- **Pull-Ups** – Grab a sturdy bar with your hands facing away from your body. Pull yourself up to the bar from a hanging position. Great for biceps, shoulders, and core.
- **Sit-Ups** – Lie on your back with your knees bent up. Crunch your upper body forward towards your knees. Great for core.
- **Wall Sits** – Squat down against a wall with your knees bent at a 90-degree angle. Hold yourself in position. Great for legs and core.
- **Burpees** – Perform a squat and move into push-up position. Perform a push-up and move back into squat position. Repeat. For added intensity, perform a jump squat instead of a standard squat.

Check out this list of [50 bodyweight exercises](#) for even more ideas!

Create a Home Gym

Bodyweight training not for you? Then investing in your own home gym is a good idea.

Creating a home gym can be done on any budget. You can keep things small with a set of dumbbells or a kettlebell. Or you can go all out with an exercise machine, spin bike, barbells, and more.

We recommend starting small and building from there. A kettlebell and a jump rope can provide dozens of effective workout routines. Continue to add more equipment into the mix as you see fit.

Use these tips to [build the ultimate home gym](#).

Get Outside

Working out doesn't always have to feel like exercise. When you can't get to the gym, get outside and get moving!

Taking a walk or a hike is an effective [way to burn calories](#). Up the ante by going on a bicycle ride or a run. You can even stop by your local outdoor track to run laps or stairs.

The key is to do something you like. Playing a game of pickup basketball or heading to the tennis court might not seem like a real workout, but believe us, it's great exercise.

Can't get to the gym? Then try our top 3 exercise tricks discussed above. They'll help you achieve a highly effective workout, no matter your reason for skipping the gym.