Stay strong during the holidays

Between all the family get-togethers, dinner parties, and the endless amount of gift shopping to be done, it’s hard to find time to squeeze in a full exercise session. Here are 4 bodyweight-only exercises that you can do quickly without need for set up!

**Pushups**
**Targets:** chest, upper arms, core
Quintessential! Remember to keep your hands underneath your shoulders and your elbows tucked in.
**Make it harder:** put your index fingers and thumbs together to make a diamond shape flat on the floor. You’ll add the element of balance, plus work different muscles.

**Side Plank**
**Targets:** Ab muscles, butt
Work your side abdominal muscles during your annual Christmas movie marathon! Hold the position for 45 sec.
**Make it harder:** raise your top leg. This really helps develop your leg muscles!

**Burpees**
**Targets:** all over body
Muscle endurance + cardio, all in one exercise! For step-by-step instructions, see *Burpee 101* on the Fitting in Fitness webpage.
**Make it harder:** time yourself and go faster!

**Squats**
**Targets:** butt, thighs
Another classic! Feet hip-width apart, bend your knees and lower yourself as far as possible while keeping a neutral spine. Repeat 10x.
**Make it harder:** do squats standing on one leg. This increases the amount of work your legs have to do, plus adds the element of balance!

**Images:** https://www.penflip.com/alpineliam/ultimate-push-up-guide
http://www.theptdoctor.com/backstrengthening-exercises/
https://www.penflip.com/alpineliam/ultimate-push-up-guide
http://www.newhealthadvisor.com/Calories-Burned-Doing-Squats.html