

# Top 5 Anywhere Exercises

1 hour  
or more  
of physical  
activity  
every day

All of these exercises can be done with limited space and no equipment!

## KNEELING PUSH-UPS

Start with your knees on the ground, feet lifted and your hands directly underneath your shoulders. Put your body into a kneeling plank position. Slowly lower your chest down and push your body back up to the starting position. You can also do these on the wall to start or on your toes as you gain strength.

## PLANKS

Start by lying face down. Place your elbows and forearms underneath your chest and prop yourself onto your toes and forearms. Maintain a flat back and do not allow your hips to sag toward the ground. These can also be done in a kneeling position. Start by holding this position for 10 seconds and work your way up to a longer time!

## SQUATS

Sit back like you are sitting in a chair, bending at the knees, hinging at the waist and putting your weight in your heels. Be careful not to extend your knees over your toes! Return to standing once you have reached a comfortable range of motion. If you are worried about your knees, don't go as far down into the squat or use the chair behind you. Slowly sit back on the edge of the chair and then return to a standing position.

## JUMPING JACKS

Start out with this move by stepping one foot out, then the other. As you feel comfortable, work up to jumping both feet out at one time and bring your arms out into a V-position at the same time. This is a great exercise for warming up your muscles!

## RUNNING IN PLACE

Just starting out? March in one place and build up to a jog. Keep it up for 10 – 30 seconds. This simple exercise gets the heart pumping and works important muscles!

**Let's Move**  
Pittsburgh

Download more 5-2-1-0 resources at [letsmovepittsburgh.org/5210](https://letsmovepittsburgh.org/5210). To start a 5-2-1-0 campaign at your home or organization, please contact [letsmove@phipps.conservatory.org](mailto:letsmove@phipps.conservatory.org).



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