

# Fitness Tips: 5 Most Effective At-Home Workouts



By [Melissa Lee](#)

When you're trying to maintain a healthy lifestyle, getting to the gym all the time can get a little tough. If you have a busy day-to-day schedule, sometimes doing your workouts at home may be the way to go. Don't worry about getting a decent workout in, though – check out a few of these at-home exercises to ensure you keep your healthy habits going.

**Head below to check out some fitness tips: most effective at-**

# home workouts to do when you're too busy to get to the gym!

**1. Dumbbell squats:** This exercise is perfect if you're trying to workout your legs and butt. It's essentially a regular squat, but you're also using dumbbells to increase the weight being applied. This is super beneficial and intensifies the workout. Do as many reps as you can in one minute, then repeat.

**2. Pushups:** Although they're everyone's least favorite workout (upper body exercises are definitely a pain), pushups are extremely beneficial. Pushups are fantastic for your upper body strength (arms, chest), plus they work your core. Make sure you're doing the right form to prevent getting injured!

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**3. Sprint in place:** So you don't have time for the gym or to go out on a run – no problem! Try sprinting in place for 20 seconds, then repeat three more times. Running is a great exercise to get in the habit of, and it's even better to start or end your workout with. It can be painful when you first get started, but eventually you will start to get better, making a notable improvement.

**4. Squat thrusts:** This workout isn't the most well known, but we can walk you through it. Start by lowering into a squat and placing your hands under your shoulders, then jump down into a full plank position. Make sure you're keeping your abs tight to get the most out of this workout as well. Do as many reps as you can for 20 seconds, then repeat three more times.

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**5. Dumbbell shoulder lifts:** Stand with your feet apart (about hips distance apart), holding dumbbells with your arms bent in front of your shoulders. Hold your core tight and extend your arms overhead (be careful with this one!), then lower the weights. Do as many reps as you can for one minute, then repeat once more.

**What are your favorite at-home workouts? Leave your thoughts below.**