

Keep Fit with these Bodyweight At-Home No-Equipment Exercises

Firstly warm-up, use your own routine, or chose from this video - a [good set of warm-ups](#).

1. ***Walking Alternating Lunge with Rotation to Overhead Stretch*** – see this [video here](#) at 6:55 for the rotation - 20 lunges – 10 each side.
2. ***Side Lunges Video*** - [video here](#). 10 in total 5 each side.
3. ***Push-ups with Rotation*** - watch [this video](#). 10 push-ups meaning 5 right hand rotations and 5 left.
4. ***Rising Crab Toe Touch*** – [video](#). 20 rises.
5. ***Straight Leg Raise with Opposite Overarm Reach*** (no video, see post for details) 3 each side.
6. ***Crossing Mountain Climbers*** - like this [video](#), but slower and knees lower and running parallel to the floor. For a duration of one minute.
7. ***Deep Squats*** (no video – see post). 10 steady squats – full range of movement.
8. ***Downward-Facing Alternating Floor Scorpion*** - like [this video](#). 5 reps each leg – meaning 10 rotations.
9. ***Bulgarian Squats*** - See [this video](#). 10 reps on each leg.

Stretch and warm-down.

It will take 20 minutes. Do one or more repetitions, with a 2-minute break between

For more details refer to [my post on Medium](#).

[Subscribe to my newsletter](#) for more tips on living longer better for men and women over 50.