**EXERCISES TO TRY AT HOME:**  
Try some of these simple exercises around the home:

* **Chair tricep dips** – Sit on the edge of a chair holding onto the front with your hands. Place your feet out in front of you (bent legs for easier option or straight legs to make it harder) and lower your elbows to a 90-degree angle before pushing back up.
* **Table top press ups** – Incline press ups can be done anywhere around the home – on a table, a bed, a chair or even a wall. To use a table, place your hands on the table with your legs stretched out behind you, body nice and straight. Lower your weight down keeping your elbows tight to your body, and press back up.
* **Living room wall sits** – find a wall with a big enough space for you to lean on. Sit against the wall like you would in a chair with your legs at 90 degrees, and hold. Give it time and you’ll soon feel the burn!
* **Milk bottle Russian twists**– Sit on the floor holding a milk bottle (or any bottle with liquid in). Lean back with a straight back and engage your core. Rotate your torso and try to touch the floor each side with the milk bottle. Make it harder by lifting your feet off the floor.