

## **Cor2Life “MOVE IT!”-THE VIRTUAL TRAINER**

### **BEDROOM BLUES**

#### **IS THERE A STRENGTH-TRAINING ROUTINE THAT I COULD DO IN MY BEDROOM WITH FEW SUPPLIES?**

Luckily for the space-and cash-crunched, you don't need a full gym at your disposal to get a rock-hard workout. A few resistance bands or tubes, a variety of dumbbells, a stability ball and your own body weight are enough to challenge your muscles- and you won't spend hundreds of dollars stocking your home gym. Grab a resistance band or dumbbells and perform three to four sets of 12 to 15 reps of the following dorm-friendly moves, and embrace your space-challenged living situation.

- 1. Sumo squat with triceps extension**
- 2. Crunch with chest press on a stability ball**
- 3. Static lunge with torso twist**
- 4. Push-up with one-arm row**
- 5. Straight-legged deadlift with biceps curl**

