Here are five simple exercises for a total body workout that can be done at home, in the office or on a trip! Just remember to warm up for a few minutes before by marching in place and go slow, gradually increasing how many you do. The goal should be to achieve 3 sets of 12-15 repetitions of each exercise. Once that gets easy, it is time to try something new.

**Push-Ups:**
Arms shoulder width apart, abs pulled in to protect low back, straight line from shoulders to feet

**Modifications –**
Arms wide or closer together, on knees, hands on edge of bed or chair, feed on bed and hands on floor, against the wall or door.

**Bridge:**
Laying on back with knees bent and feet flat on floor. Press through heels and raise hips and lower back off floor.

**Modifications –**
One foot only on floor or place heels on edge of bed or other raised area, straighten legs when on raised area.

**Squats:**
Feet hip distance apart, sit back as if you are sitting down in a chair, keeping weight on heels entire time. Sit back no more than a 90 degree bend in knees and straighten legs.

**Modifications –**
Place chair behind you and sit down just until legs barely touch chair and stand back up, perform a wall sit.

**Crunch:**
Lying on back with knees bent and feet flat on floor. Cross arms across chest, keep eyes and chin towards ceiling. Curl up until shoulders and upper back are off the floor while pulling belly button in. Reverse the movement.

**Modifications –**
Hands behind head (avoid pulling on neck), feet in the air, perform on stability ball.

**Dips:**
Sitting on floor with knees bent and feet on floor, place hands on floor behind you with fingertips facing away. Straighten elbows lifting buttocks off floor, then slowly lower back down.

**Modifications –**
Straighten legs or perform same exercise off edge of bed or chair.