

These equipment-free exercises can be easily done at home

Bridge

The bridge helps to strengthen your abdomen, hamstrings, and lower back. It also contributes to maintaining proper posture when you're sitting or standing.

How to do it: Lie on your back and bend your knees. Now raise your hips in a way that your body is in a straight line while keeping your feet planted and facing forward. Hold the position for 30 seconds; three sets.

Side plank

The side plank exercise can strengthen your core by working major muscle groups in the mid-section. It tones your belly, can reduce back pain, and improves flexibility.

How to do it: Lie on your right side with your legs fully extended. With the support of your elbow, rise off the floor and keep your body straight. Hold for 30 seconds and switch to the left side; three sets.

Elbow plank

The elbow plank is considered one of the [best exercises to strengthen your upper and lower body](#). Planks work your abs more than any other exercise.

How to do it: Lie on the floor, resting on your forearm and knees. Now push off the floor while raising your knees and placing your whole body weight on your elbows. Keep your back flat and contract your abdomen. Hold the position for 30 seconds; three sets.

Push-ups

Push-ups are considered to be a full-body movement. It helps you to focus on your arms, abs, and lower body. Your muscles become stronger as they work together.

How to do it: First, get into a plank position. Place your hands firmly on the ground. Now lower your body until your chest touches the floor while keeping your back straight. Then push back up. Repeat for 10 reps; three sets.

Squats

Squats strengthen your leg muscles. Improving muscle mass can help your body burn more energy.

How to do it: Stand with your feet shoulder-width apart. Lower your body as much as you can by pushing your hips down and backward and bending your knees. Your back must remain neutral at all times. If you're new to squatting, work up to a deep squat. Repeat the movement for 15 reps; three sets.

Walking lunges

Walking lunges can help improve your balance and works your thighs and legs effectively.

How to do it: Stand with your feet shoulder-width apart. Step forward and bend your knees to a 90-degree angle while keeping your back straight. The knee that you're bending should not touch the ground. Step forward back to standing and then repeat with your other leg. Continue to walk forward as you lunge. Repeat for 12 reps; three sets.

Abdominal crunch

These [crunches strengthen your abdomen](#) and can help stabilize the spine.

How to do it: Lie on your back and bend your knees. Place your hands behind your head and slowly come up by raising your shoulders one or two inches off the floor. Repeat for 15 reps; three sets.

Reverse Dips

You don't need any fancy equipment to work your triceps. Reverse dips will strengthen your triceps with the help of your body weight. Be careful, because if you don't do it properly, you can end up hurting your shoulders.

How to do it: Face away from a chair and place your hands on the edge of the seat. Bend your knees and elbows in a 90-degree angle. Now, dip your body downward. Make sure you bend your elbows while performing this exercise. Repeat for 15 reps; two sets.

Try them daily to improve your health and tone different muscle groups.