

# City of Coquitlam

## Home Workout Equipment

*Building Strength at Home Using Tools Around the House*

1.	Two Tea Towels	Using towels is a great way to build stabilizer muscles just like you would with floor gliders or a TRX.
2.	Milk Jugs	If you have two empty 4 litre milk jugs around, fill them with water and use them as dumbbell weights for your strength training workout.
3.	Rolled Up Towel	Place a rolled up towel between your thighs, squeeze and lift your feet off the ground. This exercise strengthens the inner thighs and abdominals.
4.	Sandwich Bag	Fill a sandwich bag with rolled oats, making sure to release the air before sealing the bag. Squeeze the bag to train your forearms and grip strength.
5.	Stairs	Utilize a staircase during your workout as a step or a bench.
6.	Couch Lift	Stand at the side of your couch in a deadlift position and lift the couch up and down as you would with dumbbells or a barbell.
7.	Chair	Use a kitchen chair as a higher step up or for tricep dips.
8.	Backpack	Fill your backpack with canned goods and wear it during your strength workout.
9.	Textbook	Textbooks can be used as dumbbells during your workout. Some activities include frontal raise, overhead tricep extension and resisted crunches.
10.	Canned Goods	Use canned goods as dumbbells during your workout.
11.	Ankle Weights	Wear ankle weights during your daily walk or workout for added resistance.
12.	Bag of Onions	Seal onions in a plastic bag and use it as a medicine ball for resistance exercises.