



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Gym Equipment Swaps for in Home Items

Gym Equipment

Swap for

Home Item

Dumbbells



Soup cans/ bottles/books

Use to perform bicep curls, shoulder presses, tricep kickback/row, lateral/front raise, chest fly

Resistance Bands



Towels/Robe Ties

Use to perform overhead press and pull, gentle stretching

Bench/Step up



Chair/Table

Use to perform tricep dips, step ups, incline push-ups, side skaters

Box/Incline



Stairs

Use to walk/run up and down, calf raises, incline push-ups, raised lunges, box jumps

Glider



Paper plate/ Newspapers

Use on tile/hard wood floor to do perform in and out abs, Mt.climbers, gator walk

Medicine ball



Basketball/ Soccer ball

Use to perform thigh and leg squeezes, ball thrusters, medicine ball ab routines

Heavier Dumbbells



Small dog/baby

Squat, deadlift, chest press, lunges, offset carry

Wall

Use to perform wall squats, wall sits, push-ups,