

Duffle Bag Workout

**Check with your physician before starting an exercise program, warm-up before starting exercise*

To add some variety to your home workout if you do not have any weights try this duffle bag workout. Fill your bag with heavy boots, books, or whatever you have around the house that is not breakable. Noisy items like pots should be avoided. If you have a scale you can hold the bag and weigh yourself, put the bag down and weigh yourself again. Subtract the smaller number from the larger number and you will have the weight of your bag. Play around with the contents until you find a weight that works for most exercises. My bag weighs 12 to 15 pounds but could hold 25 pounds easily. Start with these 6 exercises for 12 to 15 reps and 1 to 3 rounds

		
<p>Squat with press up – Feet slightly wider than shoulder width, hold the corners of the bag so you can squat low and as you stand up, press the bag overhead</p>	<p>Single leg Deadlift – balance on one leg, core engaged and bring bag to the floor. Stand up on the one leg and repeat same leg. Bend elbows to keep bag higher</p>	<p>Double arm row – Bend forward slightly with knees bent. With feet together or shoulder width apart pull bag up to chest and squeeze shoulder blades together</p>
		
<p>Single arm row, 1 leg balance – One arm row with balance on one leg. Try to keep hips level and squeeze the shoulder blades to pull up with your back muscles</p>	<p>Alternating rear lunges with a twist – Perform this exercise slowly and smoothly by stepping back and lunging while rotating towards the front foot. Repeat</p>	<p>Chest press – Laying in the ground with arms bent, press overhead straight up so the bag is over the chest not the face. Exhale as you press up</p>