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## Best Quick and Easy At-Home Workout Moves

### *Upper Body Home Workout Moves*



**Push-Ups.** Drop and give us 20. Let your child sit on your butt for extra weight resistance.



**Dips.** Sit in a sturdy chair, hands holding the front edge of the seat. Push your butt forward until it is suspended in front of the seat and your weight is being supported by your arms. Bend elbows and drop your hips toward the floor. Straighten. Do two sets of 10 dips.



**Dead Lifts.** A modified version of the gym classic, you'll need a heavy, low-to-the-ground object for this, such as two gallon-size jugs of water, dumbbells, or a duffel bag filled with shoes. Start standing, feet shoulder-width apart, back straight, knees slightly bent. Keeping your back straight, reach down and grab hold of the weighted object on the floor in front of you. Return to a vertical position. Lower down; raise back up. Do 20 times.

# Easy Home Workout Tips For Experts 19920

**M Walker**



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