

Editor's Office. (2022, February), 4 ways to exercise at home Techniques to fit in shape to be firm and beautiful without leaving the house : Cheewajit 24 (561) : 71

I want to own a beautiful figure But you don't have to go out to the park or the gym can do it. That is exercise at home. As for the limited space, it's not a problem. Because now there are a variety of exercises that do not require a lot of space or equipment.

Introducing 4 easy ways to exercise at home, whether you are a woman or a woman, you can definitely follow the following:

1. Rope jumping. Exercise with jumping rope helps to strengthen bones. Practice exercises. Balance, practice meditation, develop the nervous system. Helps restore a healthy heart good circulatory system speed up energy metabolism

2. Hula Hooping Hula hooping exercises are suitable for all ages. Helps to strengthen the muscles Abdomen and core Helps to practice body control reduce belly fat make the waist smaller The body looks firmer and firmer.

3. Dance. Dancing exercises help the body move. Muscles are flexible and help balance training. Chong the body as well

4. Do housework. Just move is equal to exercise. Whether it's sweeping the house, mopping the floor, washing the legs, or ironing the clothes. All these activities required energy. Plus, moving your body often also makes your muscles strong and flexible.

4 Exercise Ideas Whether at home or in a condo, it does not hinder your fitness. If you need a quick turnaround It is recommended that exercise be combined with diet. Guaranteed to see results quickly.

