

# Dorm Room Exercises

With limited space in dorm rooms it can be difficult to get the exercise you need without having to leave your building. Below are some easy ways to get active during your busy college schedule whenever you have some spare time in your dorm room!

## 3 main components of an exercise plan:

Cardio: FREE ways to exercise!

- Stepping up and down stairs or running stairs in your dorm
- Jogging in place/High knees
- Jumping Jacks
- Kickboxing moves (front kicks, squats, side kicks, punches)

Strength-training: FREE ways to exercise!

- **Triceps**: Dips on Chair or Lying Triceps Lifts
- **Biceps**: Isometric Bicep Hold with Towel or Triangle Wall Pushup
- **Shoulders**: Isometric Shoulder Hold with Towel or Reverse Plank
- **Chest**: Modified Pushups or Wall Pushups
- **Abs**: Plank or Chair Knee Lifts
- **Lower Back**: Back Extensions or Swimming
- **Obliques**: Crunches with Twist or Side Plank
- **Hips**: Hip Flexor or Hip Flexor/Extension
- **Thighs**: Body Weight Squats or Forward Lunges

The website below will give you a visual demonstration of how to properly do all of the above exercises:

[http://www.sparkpeople.com/resource/fitness\\_articles.asp?id=629](http://www.sparkpeople.com/resource/fitness_articles.asp?id=629)

Stretching: Use dorm furniture to help make your stretches more productive!

- Prop your foot onto your desk, chair, bed for deeper stretches
- Use walls to stretch arms, chest, and calves

\*If you want to spend a little money...consider purchasing: jump ropes, exercise videos, resistance bands, small weights

--Use the following URL to map out how long your exercise routes are here or at home!

[http://www.sparkpeople.com/resource/fitness\\_maps\\_home.asp?ab=0&rt=](http://www.sparkpeople.com/resource/fitness_maps_home.asp?ab=0&rt=)