



Sit-ups

Perform five to 10 minutes of high-levels on the treadmill, bicycle, stair climber and vertical climber or row machine.

Strength Training

"Strength training and working the entire body system are important components of any workout," says Jones. Regardless of an individual's goals or exercise regimen, Jones advises the following basics:

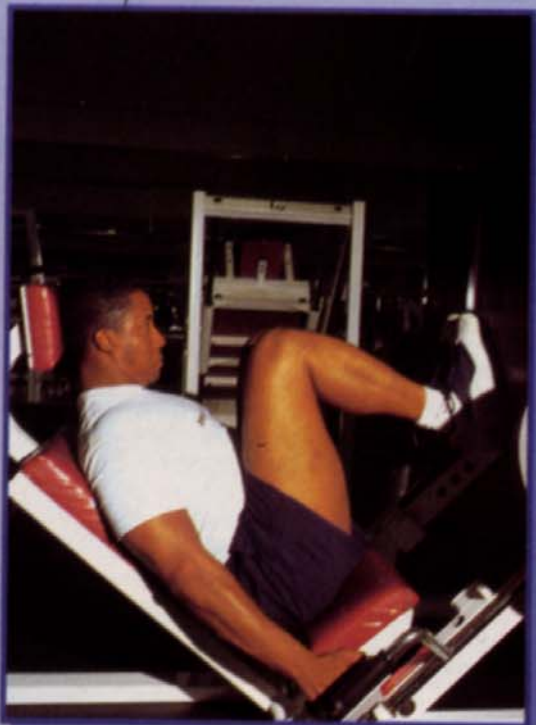
- Work major muscle groups. Rather than hitting every arm exercise machine in the building, focus on one or two exercises for biceps, triceps, chest and shoulders.
- For symmetry and balance, be sure to pay equal attention to opposing muscle groups. For example, quadriceps/hamstrings, stomach/back, triceps/biceps.
- Do three sets of 12 repetitions of each exercise.

Home Workout Remedies

"Going to the gym is not what makes us fit," says Jones. "Doing the exercises and having the proper attitude are the keys to maintaining a healthy lifestyle."

With a little determination and creativity, Jones says, it can be easy to create a one-hour workout at home.

- Use canned or dried goods for weights: biceps curls, triceps presses.
- Housework is a workout.
- Utilize televised exercise programs.
- Climb staircases.
- Walk hallways.



Leg presses