Home-friendly aerobic, strength, flexibility and balance exercises

Aerobic Exercises:
- Create a circuit: choose 10-15 exercises, do each one for 30 seconds-1 minute, and cycle through the circuit two or three times with adequate breaks in between
  - examples: running the stairs, jump rope, jumping jacks, jogging in place, squat jumps, burpees, high knees, skaters, fast feet, tuck jumps, mountain climbers, shuffles, crab walk, oblique crunches, toe taps, and lunge jumps

Strength Exercises:
- Get a full-body workout: make sure to incorporate all major muscle groups (chest, back, arms, shoulders, legs, and core)
- Choose 1-3 exercises that focus on each of the major muscle groups
- Complete 1-2 sets of 8-15 repetitions for each exercise:
  - Chest exercise examples: push-ups, diamond push-ups, wide push-ups
  - Back exercise examples: supermans, lying back extensions, wide push-ups, reverse snow angels, cat cows, inchworms
  - Arm exercise examples: bicep curls, triceps extensions, chair dips, up-down planks, push-ups, mountain climbers
  - Shoulder exercise examples: shoulder presses, front and lateral raises, reverse flies, planks, crab walks
  - Leg exercise examples: squats, lunges, calf raises, wall sits, glute bridges, side lunges, leg raises
  - Core exercise examples: crunches, sit-ups, planks, flutter kicks, v-ups, Russian twists, bicycle crunches, dead bugs

Flexibility and Balance Exercises:
- Choose 2-5 flexibility and balance exercises
  - Flexibility exercise examples: cat-cow stretch, standing hamstring stretch, figure four stretch, butterfly stretch, lying quad stretch, knees to chest stretch, child’s pose
    - Only stretch to the point of slight discomfort
  - Balance exercise examples: tree pose, standing quad stretch, calf raises, single-leg stands, side-leg raises
    - Make sure to have a wall or chair for extra support