

How many items can you find?



Illustration by Laura Close



IDAHO



MULLET

**NIAGARA FALLS**

ROTISSERIE CHICKEN



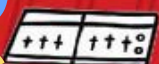
PROM DRESS



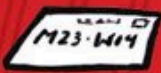
TAPE MEASURE



WRECKING BALL



EQUALIZER



LICENSE PLATE



ORION CONSTELLATION



**TOILET SEAT
COVER DISPENSER**



OLD PROSPECTOR



NECK PILLOW



BEAUTY PAGEANT
SASH



STILTS

"Fitness, Your Way: Create Your Own Circuit"

Today's challenge is all about getting creative and making fitness work for you—right at home. You don't need fancy gym equipment; all it takes is a little ingenuity and a few household items to create an effective workout.

Pick three items from the list below, choose one exercise for each, and complete three rounds as a circuit. It's simple, fun, and totally customizable to your space and fitness level.

Milk Jugs or Laundry Detergent Bottles

Use as weights for bicep curls, shoulder presses, or squats. Fill with water or sand to adjust the weight.

Sturdy Chair

Ideal for tricep dips, step-ups, or incline push-ups. Ensure it's stable to avoid accidents.

Towel or T-Shirt

Great for resistance exercises. Step on the middle and pull for rows or use as a slider for lunges.

Soup Cans

Lightweight hand weights for lateral raises, front raises, or tricep kickbacks.

Backpack

Fill with books or canned goods to add resistance during squats, lunges, or even push-ups.

Broomstick or Mop

Perfect for stretching or balance exercises. Use it for overhead stretches or as a marker to step over.

Paper Plates

Place under your hands or feet for sliding motions during planks, mountain climbers, or lunges.

Laundry Basket

Use it as a weight by holding it during squats or make it an obstacle for lateral jumps.

Wall

Use for wall sits or wall push-ups to engage your lower body and upper body.

Stairs

Great for step-ups, calf raises, or a cardio workout by running up and down.

Soccer Ball or Basketball

Use for Russian twists, overhead presses, or to make push-ups more challenging.

Cast Iron Skillet

Heavy enough for tricep extensions or front raises. Handle with care for a safe workout.

Tote Bag

Fill with books for curls, rows, or even overhead presses.

Wheelbarrow

Load with weights and push it around for a full-body workout (great for outdoor use).

Shovel

Use for core workouts or hold it overhead during squats for added difficulty.

Couch

Ideal for elevated planks or step-ups. Use cushions for instability challenges during core work.

Buckets

Fill with sand, water, or stones for squats, deadlifts, or shoulder carries.

Example Workout

Weighted Squats: Use a backpack or buckets for resistance.

Tricep Dips: Use a sturdy chair or the edge of your couch.

Sliding Lunges: Use paper plates or a towel under your foot for added challenge.

Perform 3 rounds of this circuit, doing each exercise in sequence with minimal rest in between.

Rest 1–2 minutes between rounds if needed.

My Home Workout

Exercise 1:

Exercise 2:

Exercise 3:

