Even if you don’t have access to weights, there are plenty of ways to build and maintain lean muscle without leaving your dorm. Grab a chair, an exercise band, or your bed and get started on the simple and accessible exercises below. Most of these exercises only require the largest weight you have readily available 24/7: your own body!

**TRICEPS**
Chair Dips
Supporting yourself with your arms, lower yourself from the edge of a chair toward the floor, then back up again.

**BICEPS**
Isometric Bicep Hold
Stand on one end of an exercise band or towel. With an underhanded grip, pull the other end up and away from the ground.

**CHEST**
Wall Push-ups
Stand 2-3 feet from a wall. Lean forward until your hands touch the wall for a more manageable and repeatable push-up.

**THIGHS**
Hip Flexion
In a standing position, raise your knee to make 90 degree angle with your body, then pause before switching legs.

**GLUTES**
Body Weight Squats
Place your feet wide, past shoulder width, now bend your knees to lower your body, keeping your shoulders above your knees.

**BACK**
Superman/Back Extension
Lying on your stomach with your arms extended forward, simultaneously lift your arms, legs, and chest. Hold for 3 seconds.

**SHOULDER**
Reverse Plank
Lying on your back, lift your weight onto your hands. Straighten your elbows, torso, and legs. Hold this position until exhaustion.

**ABS**
Plank
Lying on your stomach, lift your weight onto your elbows. Straighten your torso and legs. Hold this position until exhaustion.

**OBLIQUES**
Side Plank
Lying on your side, place your weight on one elbow. Straighten your torso and legs. Hold this position until exhaustion.

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