



Press release

Urban Sports Club presents: 7 everyday items for home workout wonders

Berlin, Germany, 23.04.2020 – Despite studio closures, Urban Sports Club members can still workout with thousands of partners via livestream. Staying inside can have a negative impact on our health and fitness routine; and now is the ideal time to create your summer body. So, in addition to the [live stream offer](#), Urban Sports Club employees have shared their tips and tricks on how to turn a living room into a fantastic fitness studio. Urban Sports Club knows how to keep the members fit at home with online live classes and these with these seven everyday objects:

1. Milk cartons for bicep curls, bench presses and rowing exercises

Two milk cartons work well as replacements for dumbbells. Advanced athletes who want to challenge themselves, use water bottles or heavy shopping bags as a challenging alternative. Fans of the heavy shopping bags will feel the burn.

2. Potting soil for balance exercises

A pack of potting soil makes ideal equipment for deep squats. The core needs to be engaged to keep the balance which works those deep muscles and really puts your abilities to the test.

3. The bathtub for tricep dips

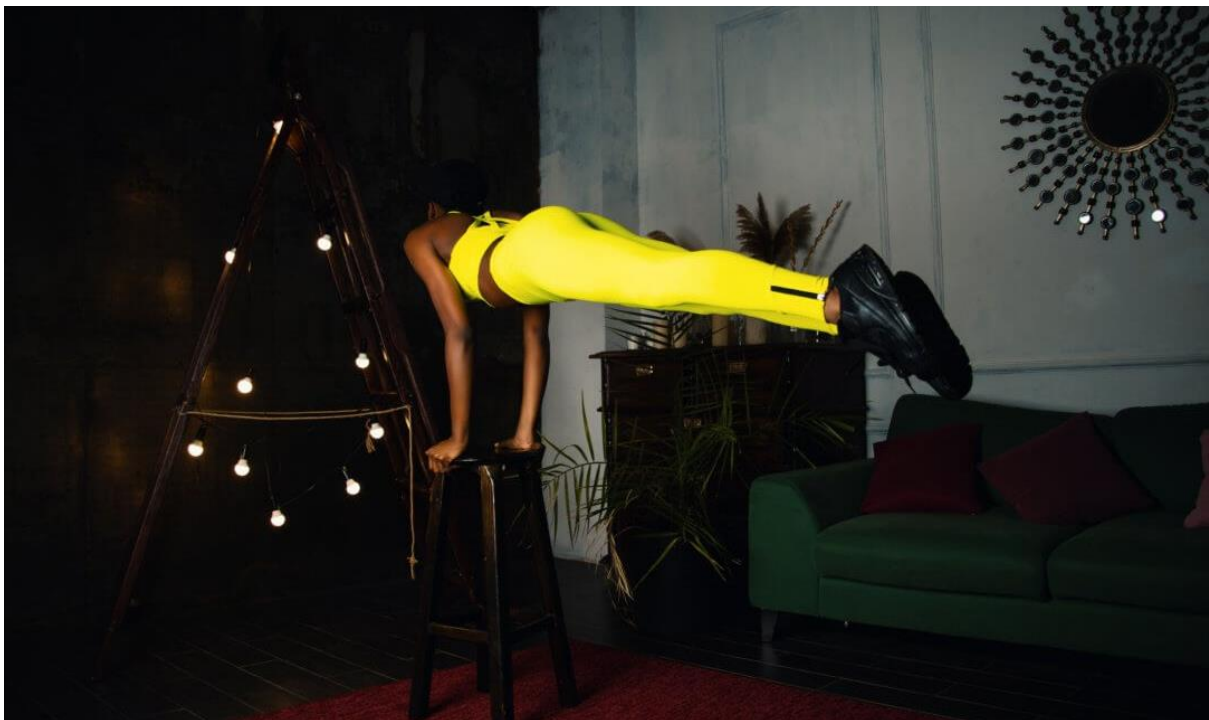
Bathtubs aren't just for relaxing – they can also be used to work those triceps. Members can face away from the bathtub and hold the edges, lowering themselves so the arms bend at a 90° angle until the seat nearly touches the floor, and then pull themselves up again. The further stretched the legs are, the harder the workout. Those who don't have a bathtub can use an armchair or your sofa.

4. The broom handle for balance

A broom or mop handle is the perfect household tool for practicing knee bends as it's light and practical. The broom handle can be placed on the shoulders, positioned behind the neck, and is being moved up and down for a clean movement that strengthens the knees and improves the posture.

5. A handbag as a weight

If there is a backpack or handbag available at home, it can be used as extra weight for the workout. A bag can be filled with books, put on the shoulders and voilà: members can perform weighted squats, lunges and pull-ups while doing their online classes.



6. Mix it up by lifting your pet ;)

This exercise is aimed at all dog and cat owners who love to romp with their four-legged friends. Russian Twists are a good example. These are easily performed without weights, but for an extra kick just pick up your dog or cat. Cuddling in between sets is allowed.



7. Use the kids as kettlebells ;)

For all mums and dads out there looking for ideas for activities with the children, doing sports together provides variety and fun for young and old. Full body training is not only good for coordination and mobility, but the little ones will love floating in the air. Parents just need to make sure they hold on tight!

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About Urban Sports Club

Urban Sports Club offers a flexible sports flat rate. The aim is to motivate people to take part in sports through the largest and most varied range of offers and to encourage them to lead a healthier and more active lifestyle. From fitness, yoga, swimming and climbing to team sports and wellness offers - members can compile their individual training plan from over 50 sports and more than 8,000 partner locations - including OneFit there are more than 10,000 - in six countries (Germany, France, Spain, Italy, Belgium, Portugal) and check in to the sport via smartphone app. Diversity, flexible conditions as well as organized team sports and wellness offers round off the range of services for private and corporate customers.

Due to the current COVID-19 situation, Urban Sports Club has temporarily changed its offer to online courses. The interactive training units take place via livestream in real time. This gives users access to thousands of courses from hundreds of partner locations in Germany and Europe.

Please do not hesitate to contact us if you have any questions.

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