



Press release

Workout magic in the living room: Urban Sports Club presents 5 everyday items

Berlin, 17.02.2021 – Cold temperatures, closed gyms and home office. Your own four walls have been the center of everyday life for months; even workouts take place in the living room. It's no wonder more and more people are investing in sports equipment, with manufacturers posting record sales. As a result prices are rising and supply bottlenecks are emerging.

So Urban Sports Club presents five everyday items to easily turn your living room into a home-gym. Whether with a chair, a handbag, a bathtub or with a pack of potting soil, members don't need expensive sports equipment to take part in live online classes. Plus they'll get motivation and direct instruction live from studio trainers.

1. Milk cartons for muscles

Biceps curls, bench presses and rowing are easy exercises without added weight. Fortunately, those who don't have dumbbells don't have to miss out on their next online functional training session. After all, dumbbells can easily be replaced with handbags, water bottles or milk cartons. Advanced

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exercisers who want to challenge themselves can even dare to use water crates or heavy grocery bags.

2. Bathtub and sofa for triceps and biceps

To train the triceps the bathtub can be resorted. For tricep dips: lean backwards with your hands on the edge of the bathtub. Then bend your arms to 90° parallel to the floor until your butt almost touches the floor – and then push yourself back up. Push ups with your feet on the sofa are especially effective. Fitness and body shape classes incorporate these arm-busting exercises, but martial arts such as boxing are also great for your arms.



3. The chair for dancing

No ballet barre at home? No problem. For Barre or ballet, a high chair or couch back will also work. In fact it trains your balance even more. In our trending sport of Chair Dance, the name says it all. The chair is essential in this class, and will help you hone your performance from home.

4. The broomstick for balance

Due to its lightness and practicality, a broom is ideal for performing squats correctly. The broomstick is placed on the shoulders, positioned behind the neck, and the squat movement is completed with perfect form. So bring on Legs, Bums and Tums!



5. Soil for balance

First rays of sunshine, quiet birdsong, slowly rising temperatures: soon you'll be back on the balcony or in the garden. But potting soil isn't just for plants – it's also great for squats and helps activate deep muscles. So if you want to take your HIIT training to the next level, get your soil out. Sore muscles are guaranteed.

About Urban Sports Club

Urban Sports Club offers a flexible sports flat rate. The aim is to encourage people to lead a healthier and more active lifestyle through the largest and most varied range of sports offers. From fitness, yoga, swimming and climbing to team sports and wellness offers - members can choose from over 50 sports to create their own unique training plan and discover new activities to feel passionate about. With over 10,000 partner locations in six countries in Europe (Germany, France, Spain, Italy, Belgium, Portugal), members can check-in for sports via the Urban Sports Club app. Since merged with OneFit, the Urban Sports Club network has more than 12,000 partners to choose from. Private and corporate customers can choose to train in studios, outdoors or online via livestream. Urban Sports Club employs over 40 different nationalities in locations across Europe.

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