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Bring outdoor fitness inside: 10 crazy-fun indoor workouts for cold months



It may feel like your family is making a mad dash to fit in all the outdoor activities that you can before the long, cold winter sets in. But instead of resigning yourself to a season of hibernation this winter, why not try your hand at one of these fun indoor workouts? You'll keep your spirits -- and your heart rate -- up.

1. Indoor bounce arenas. Think trampolines are just for kids? Think again! Indoor bounce arenas, such as Rebounderz, are popping up all over the country and provide a crazy-fun indoor workout that the whole family can enjoy.

"These venues designed for children, are actually a wonderful forum for adult fitness," says **physical trainer Franci Cohen**.

She also suggests turning the fun into a calorie-burning workout with a few easy adaptations.

"Find the jumping moves that you enjoy and simply repeat each 20-30 times," Cohen advises. "Put all the moves together for a killer one-hour bounce workout that will fire up those muscles and get heart and blood pumping for as little as \$7 a day!"

If younger children aren't ready for indoor trampolining, take them to open play at an inflatables arena, like Pump It Up. An hour of running, jumping, sliding and climbing will be fun and burn lots of energy!

2. Mix up your membership. Instead of joining the fancy gym with all the bells and whistles, Cohen suggests purchasing a cheaper membership to a smaller gym and changing up your workout to reap the budget-friendly benefits.

"Play with that boring treadmill, and speed run backwards, slow up the belt for traveling side lunges, or hold on to safety bar and perform straddle jumps in the air," she says. (Safety advised on that one, folks.) "Put it all together for a cheap, fun, and innovative indoor workout that you can truly call 'tread and shred!'"

3. Look through your cupboards. Sorry, no snacking allowed. If you're snowed in, scrounge those kitchen cupboards for some cans and do a quick workout with them instead. Cohen suggests using 16 oz. cans, placing them on the floor and alternating lifting them with power squats--repeat for 30 reps for a good workout.

"This move juxtaposes toning and cardio producing a sculpting and calorie-blasting effect that really targets both the hamstrings, quads, and glutes while chiseling the arms and shoulders to perfection!" she says.

4. Skydiving. The thought of jumping out a plane may not entice you, but what if you could sky dive from the safety of an indoor arena? Indoor sky diving, like iFLY Indoor Skydiving can make it happen. It is an investment (ranging from about \$60 to over \$100 for a few four-minute or so turns per session), but it's an opportunity to bring the extreme sport down to an everyday level. That's one for the family albums!

5. Ice skating. Strapping on those old skates and hitting the ice is a wonderful way to get the whole family involved in an indoor winter activity. Children even as young as one can enroll in classes or programs to learn to skate, and you and your partner could join a just-for-fun recreational ice hockey league or join in on an open skate.

6. Try a luge track. You know that crazy-looking Olympic sport where grown adults hurl themselves down an icy slide? You can try it too! Find a luge track online.

7. Set up an obstacle course. Take a fitness tip from the famous family of Dr. Oz and set up an indoor obstacle course. Thinking jumping jacks, hula hooping, and perhaps some stair climbs. Make it a

competition with non-food prizes for the winners. Have older kids set up a course for younger kids, or pair them up into teams so the whole family works together!

8. Gymnastic classes. Ever wished that you could have joined the Olympic gymnastic team as a kid? Now's your time to live the dream. Call up your local gymnastics arena and ask about adult classes. Even if they don't offer any, if you round up a few other interested (and brave) adults, they may just open up a class. Or, search for a class online.

9. Rock climbing. Challenge your partner to a romantic getaway--to go indoor rock climbing. Many gym franchises offer rock climbing classes, or find a specialty rock climbing arena. Before you know it, you'll be testing your skills outside too.

10. Punch it out. Join a boxing class in a specialty gym or inquire if your local gym hosts boxing classes. Or, bring the fun home by picking up a used punching bag and equipment online. Punch it out--for fun!