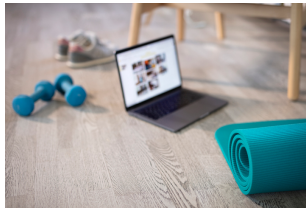


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Most cities are no longer under hard lockdown restrictions, and gyms have begun reopening to allow fitness-deprived members through their doors. At the same time, the spike in COVID-19 cases nationwide is something many of these same people are leery of.

So, what's the best course of action for those who want to work out while staying in? Click the links below from The American Council on Exercise (ACE) for a few recommendations:

- [For those with a bit of gym equipment](#) – If you have dumbbells and 30 minutes on hand, this workout regimen is a shoe-in for a four-day plan you can change up weekly.
- [For families with kids who have the energy to spare](#) – Between turning chores into games and creating an all-day schedule, this will help with restlessness all summer long.
- [For people without much equipment or space](#) – You'll need no more than a corner of the room, towel, and water bottle to work up a mean sweat with these 25 exercises.

And for movers wanting to step up their fitness game, ACE released its newest [Integrated Fitness Training](#) this week. It's employed by trainers to build practices backed by scientific evidence, so no matter what one's goals are, their training routine is customized for them specifically. Quarantine doesn't mean your workout game has to plateau; with this model, it's actually quite the opposite.