

# Equipment-free exercise

## An accessible approach to promoting liver health

WORLD  
LIVER  
DAY



Physical activity is one of the fundamental pillars for preventing and managing liver diseases, including metabolic dysfunction–associated steatotic liver disease (MASLD), insulin resistance, and other cardiometabolic disorders. However, many individuals face barriers when trying to adopt an exercise routine, especially when they perceive that equipment or gym memberships are required. This article presents a practical, accessible, and evidence-based framework to promote equipment-free exercise, emphasizing its effectiveness, accessibility, and central role in supporting liver health.

## Introduction

The theme of the 2026 campaign, **“Solid Habits, Strong Liver,”** highlights the importance of incorporating sustainable habits that strengthen liver health throughout life. Evidence shows that both aerobic and resistance training improve body composition, reduce liver fat, decrease inflammatory markers, and enhance insulin sensitivity. For many people, lack of access to sports facilities is a perceived barrier. However, equipment-free exercise—based on functional body-weight movements—has been shown to be equally effective. This approach democratizes physical activity and eliminates economic, logistical, and psychological obstacles.



## Fundamentals of equipment-free exercise

Equipment-free exercise uses body weight as natural resistance, allowing individuals to train strength, mobility, and cardiovascular capacity through simple and safe movements. Its benefits include:



- **Universal accessibility:** can be performed at home, outdoors, or in limited spaces.
- **Safe progression:** the body regulates the load, reducing injury risk.
- **Versatility:** adaptable to all fitness levels.



- **Zero cost:** no material resources required.
- **Proven effectiveness:** studies show comparable effects to traditional strength and metabolic training.

## Impact of equipment-free exercise on liver health

Regular movement, even at moderate intensity, contributes to:

- Reducing hepatic steatosis
- Improving glucose metabolism and decreasing insulin resistance
- Optimizing lipid profile
- Lowering systemic inflammation
- Supporting weight control and reducing visceral fat

These benefits occur **regardless of weight loss**, underscoring the relevance of physical activity for liver health.



## Essential components of an equipment-free routine

### Warm up (5 minutes)

**Prepares the joints and enhances mobility.** Examples:

- Marching in place
- Neck, shoulder, and hip mobility
- Gentle spinal rotation
- Knee raises



### Cardiovascular training (10-15 minutes)

**Increases heart rate and aerobic capacity.** Options:

- Fast walking in place
- Gentle modified jumping jacks
- Stepping up and down stairs
- Light jogging in place
- Free dancing



### Functional strength training (10 - 20 minutes)

**Movements that activate major muscle groups and improve insulin sensitivity.** Examples:

- Squats
- Push-ups (against the wall or on the floor)
- Triceps dips on a chair
- Lunges
- Glute bridge
- Plank



### Stretching and relaxation (5-10 minutes)

**Reduces tension and supports recovery.**

- Leg, back, and arm stretching
- Diaphragmatic breathing
- Gentle spinal mobility



## Essential components of an equipment-free routine

To transform a routine into a sustainable habit, the following principles are recommended:

1. Gradual progression: increase repetitions or time every two weeks.
2. Consistency over intensity: 15 minutes daily can be more effective than infrequent intense sessions.
3. Variety: alternate movement types to avoid monotony.
4. Body awareness: avoid sharp pain and respect personal limits.
5. Daily integration: walk more, choose stairs, take a post-meal walk.



## Recommendations by fitness level

### Beginners

3 days/week, 20–25 minutes

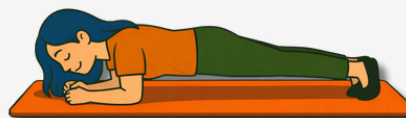
- 10 squats
- 5 wall push-ups
- 15 glute bridges
- March in place for 2 minutes
- Plank for 10–15 seconds



### Intermediate

4 days/week, 30–35 minutes

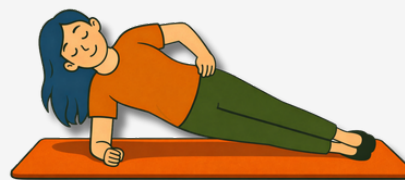
- 15–20 squats
- 10 push-ups (floor or knees)
- 12 lunges per leg
- 30 seconds of gentle jumps
- Plank for 20–30 seconds



### Advanced

5 days/week, 40 minutes

- Squat variations (sumo, assisted single-leg)
- Modified burpees
- Full push-ups
- Side plank
- Continuous full-body circuits



## Removing barriers: motivational strategies

Many individuals discontinue exercise due to low motivation. These strategies can help:

- Start with small, realistic goals.
- Track progress in a notebook or app.
- Exercise with music or free guided videos.
- Involve family members or peers.
- Link exercise to a daily routine (after breakfast, after work).

The goal is not perfection but **consistency**—the essence of Solid Habits, Strong Liver.

Equipment-free exercise is a powerful, accessible, and effective tool for promoting liver health. It requires no material resources or specific spaces and can be easily integrated into daily routines. Within the context of World Liver Day 2026, promoting this type of physical activity represents an opportunity to empower the population, break down barriers, and build solid habits that strengthen the liver throughout life.

Moving—even just 10 minutes a day—is an act of prevention. Every movement is a message of health: solid habits, strong liver.