

# Home Gym Checklist

By Lauren Meir

- ☐ **Optional Machines and Equipment**
  - ☐ **A weight machine with multiple features to target a variety of muscle groups.**
  - ☐ **Treadmill, Elliptical, or Stairclimber** There are also 3-in-one machines that combine the features of all three.
  - ☐ **A punching bag and boxing gloves** For boxing and kickboxing.
  - ☐ **Barbell and Plates in Various Weights.**
  - ☐ **Ab Roller/Machine.**
  - ☐ **Large Mirror** To ensure you have proper form while lifting.
- ☐ **Exercise Equipment**
  - ☐ **A Flat Bench** Perfect for a variety of weight-bearing ;exercises ;for multiple muscle groups.
  - ☐ **Free Weights/Dumbbells ;in at least 3 different sizes: light, medium, and heavy.**
  - ☐ **Mat for stretching, abdominal work, Pilates or yoga**
  - ☐ **Resistance Band** For toning and light resistance work.
  - ☐ **Resistance Tube with Handles** For heavier resistance work, can also be used in place of a cable machine.
  - ☐ **Stability ;Ball** Perfect for core work, stability training and as a substitute for a flat bench.
  - ☐ **Medicine Ball** Weighted medicine balls are great for crunches and other resistance training.
- ☐ **Audio-Visual**
  - ☐ **Sound System or MP3 player for music** Music is a great exercise booster and can improve your workouts.
  - ☐ **TV and DVD player to play workout videos.**
  - ☐ **Laptop or Computer (optional) for any web or online classes.**
- ☐ **Other Essentials**
  - ☐ **Reusable Water Bottle with fresh water** Avoid sports and energy drinks.
  - ☐ **Towel(s) of varying sizes.**
  - ☐ **Gloves for Resistance Training** Hands can get slippery, so get a good grip on your weights.
  - ☐ **Heart Monitor, Pedometer, or Calorie Counter (optional).**
  - ☐ **Sweat-Wicking Workout Clothes.**
  - ☐ **Comfortable Gym Shoes/Sneakers** Make sure you buy the right kind for the type of exercise you plan on doing.

## ☐ Workouts

- ☐ **Workout DVD's** Choose from a variety of exercise dvd's covering everything from resistance training to yoga, kickboxing, dance, HIIT and combination cardio-weight workouts. With all that's on the market, you'll never get bored.
- ☐ **Fitness Magazines** These often contain illustrated guides with step-by-step instructions for great workouts.
- ☐ **Classes and instructional Web Videos.** Seek and you shall find your workout online!