

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!