

## ***The Top 5 Fitness Products That You Really, Really Need At Home***

***By Coach Rick Karboviak***

***Home Workouts Plus! - <http://homeworkoutsplus.blogspot.com>***

Even back in my days as a personal trainer, I'd always have a pile of home exercise equipment.

Why would I collect such things? Well, gyms aren't the only places for people to work out!

I also found out that I'd get in a solid workout at home with some basics, especially when the gym became an obstacle for me to work out in as a personal trainer during my off-time. I would be seen in the gym and the members would bother me in the middle of my workouts. I then decided to focus on doing at-home routines and stay away from the gym, unless it was for running or another cardio workout.

I also got into doing at-home programming for clients who couldn't make it to a gym and had enough space/room to do a quality workout in the convenience of their own home.

Through the years, here are some great essentials:

1. Exercise Mat – a good foam exercise mat, such as ½ to 1” in thickness, is a great choice for doing floor exercises with. Whether its bodyweight or with other forms of resistance, the mat is always a great choice. A carpeted floor or a sectional rug might work just as well. I have a wood floor in my home and a 4' x 6' carpet section works great in my living room.
2. Adjustable Dumbbells – the freedom of exercise choices with a set of adjustable dumbbells is the best reason to have a set. I have multiple handles with differing sets of weights to change things fast or move to another lighter/heavier set. One common setup is a 40# set with spin collars on the handles. I recommend that type of setup, plus you can buy extra weight as needed.
3. Stability Ball – an inflatable stability ball has many helpful uses without taking up too much space as well. Goes great with bodyweight movements and also with dumbbells or medicine balls.
4. Exercise Bands: Another useful tool that is easy to store/pack away are exercise bands. Having a door attachment also helps to add more exercise options to your at-home workout arsenal.
5. Kettlebell(s) – My favorite weapon of choice for a quick at-home routine is the kettlebell. I have various sizes over the years, including a 30, 2 35's, a 40, a 45, and 53# sizes. I started with a set of kettlebell handles for the adjustable standard weights, but graduated to the traditional kettlebell. If you are new, start small such as 10-15 pounds and use the weight with safety in mind. If it feels too easy, then look to buy the next one up in weight and graduate to that one. You don't need a full lineup right away. My set grew over the course of time. Kettlebells not only offer a powerful tool to develop all-around strength, but they also develop tremendous power and also offer a cardiovascular benefit, such as doing KB Swings for high rep sets and over the course of time. They are a natural fit for doing interval training workouts.

That's my basic list of essentials when it comes to home workout equipment. Some "Honorable Mentions" include:

Push-Up Handles that rotate – handles like the Perfect Push-Up are great to use for push-up exercises.

Pull-Up Bars with Ab Straps for a doorway – these are commonly found in sporting goods sections.

Bodyweight Straps – These are commonly known as "TRX" straps or total body suspension straps, which can be used in some home gym setups or even the typical 'garage gym' setup with enough space overhead. These can be used as great alternatives for full body pull-ups, such as the exercise called an inverted row.

Barbell Set – Standard or Olympic style. Depending on your strength needs, a Standard set is typically less overall weight, with 1" holes in the plates. Common sets are 100# to 200# in all. Olympic sets are the wider, bigger plates with the longer bars, commonly sold in 210# to 300# sets. If you are into doing bench presses, squats, deadlifts, and the power movements like cleans and snatches, the Olympic sets are better suited for you.

Bench Press or a Multi-Purpose Rack – If you want to get serious about bench pressing and doing heavy squats, you need the proper equipment to handle heavier weights. An upscale sporting goods store will sell the right benches and racks to handle these heavier needs.

Another thing to consider are some at-home workout programs to follow. I have used Craig Ballantyne's Home Workout Revolution quite often over the past 3-4 years now. Many of the workouts have no equipment, and some need the basics like a set of dumbbells or a stability ball.

Craig's HWR program can be found here at <http://tinyurl.com/cbhwrevsale>

AdvoCare also sells some great home workout programs, you can check out the "CU24" series at <http://tinyurl.com/asapadvo> along with other great packages like the 24 Day Challenge.

Success Starts Here!

Coach Rick Karboviak

Home Workouts Plus!

<http://asapworkouts.com>