



## Mini Home Gym

You certainly don't need to buy a lot of exercise equipment to get a great workout at home. In fact, you don't need any equipment to get a great workout at home. But if you'd like to purchase some equipment and are wondering what you can buy that won't break the bank and will provide you a lot of quality workout options. Here is a short list of equipment perfect for any mini home gym.

### Stackable Resistance Bands Set

- Look for a set that includes bands (multiple weights, preferably with clips for connecting handles), a door anchor, and handles.
- Exercises for back, chest, shoulders, biceps, triceps, abs/core, and legs.
- Band set manufacturers include Bodylastics and Black Mountain Products.

### Dumbbells

- Get a few sets, multiple weights (e.g., 10 lbs., 15 lbs., and 20 lbs.).
- Exercises for back, chest, shoulders, biceps, triceps, and legs.
- Sample exercises:
  - Bent Over Row (upper back)
  - Chest Press
  - Shoulder Press
  - Lateral Raises (shoulders)
  - External Rotation (shoulders)
  - Bicep Curls
  - Hammer Curls (biceps)
  - Triceps Extension
  - Weighted Squat (legs)
  - Weighted Lunge/Reverse Lunge (legs)

### Step Platform

- Look for a step platform that is adjustable with multiple height options.
- Great for cardio workouts. Can be used as a bench for performing strength training exercises (e.g., dumbbell chest presses, bent over rows, etc.).