

HOME BASED TRAINING

HOW TO SET UP EFFECTIVE HOME BASED WORKOUTS
WITHOUT SPENDING THOUSANDS ON EQUIPMENT!



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Introduction

Committing to a regular exercise regimen is often easier said than done. It takes discipline, focus and time – and if you're planning to join a gym, it can cost you an arm and a leg every single month.

But does it have to?

The truth is, you don't have to spend a fortune on gym memberships or fitness classes. With the tips and strategies featured inside of this special report, you'll be able to achieve the exact same results at home at a low-to-no cost!

Regular exercise, particularly as you get older, is an important component to living your best, most active and healthiest life.

Even if you suffer from limited mobility, your body needs to move and your muscles need to stretch in order to feel at your best.

Further, your brain will benefit from the activity and increased blood supply as will your overall mental health. You'll be healthier and more energetic with a regular exercise program, even one done entirely from home.

In fact, incorporating regular fitness into your daily life is often easier when you focus on a home exercise routine. Since you don't have to leave the house in order to complete your daily fitness goals, there will be fewer distractions and even less excuses! ;)

Are you ready to get started?

Here's how you can set up a scheduled home workout program in your own home gym without spending thousands of dollars. In fact, we've found nine different pieces of equipment you can get for next to nothing, that will serve you just the same as those expensive machines at the gym.

Let's begin!

Use The Power of Resistance

Resistance Bands. Anyone – at any fitness level – can use resistance bands to improve their workout. They don't put the same sort of stress on your joints that weights or kettlebells do, while still providing a challenging workout.

They're also great for targeting smaller muscles you don't ordinarily pay much attention to, like the smaller muscles in your hips that stabilize your quads.

Resistance bands are basically giant rubber bands that give you tension, making your muscles work against one another to strengthen them. They're small and lightweight, easy to pack and carry around, and come in a variety of styles (looped, non-looped, with or without handles).

They're also really inexpensive – you can usually pick up a set for around twenty dollars, depending on the brand and where you shop. You can buy resistance bands on Amazon, of course, but also at retailers like Kohls, Target, and Walmart.

With resistance training, the key is to do multiple reps with a rest between, then repeat the set about three times. You're not trying to bulk up – you're strengthening muscles and tendons that might not get a good workout otherwise.

You can hook a band to a stationary object, like a stair railing, or simply use your body to anchor it (such as standing on the band). You should be working out three to five times a week for about half an hour. Don't expect massive results with resistance bands – the goal is to strengthen the muscles and tendons, not to bulk up.

Here are a couple of easy exercises for you to try at home:

Bicep Curl – Stand up with both feet on the resistance band. Your feet should be spread to shoulder width. Hold one end of the band in each hand with your arms straight out to the front, palms facing forward. Slowly curl your hands up towards your shoulders, bending your elbows and squeezing your biceps muscles.

Keep your elbows tight to the sides of your body so your biceps do the work. Then slowly lower your hands back down to the starting position. This is one repetition.

Try to keep your reps rhythmic and slow so your biceps feel the tension at all times. Do twelve to fifteen reps and repeat three times.

Single-Arm Triceps Extension – Stand with one foot slightly in front of the other and foot further back. Loop a resistance band beneath your back foot and take hold of the other end in front of your body with the opposite hand.

Reach back over your shoulder with the other hand and grab the free end of the loop (you may need someone to hand it to you). Hold this behind your head by your neck.

Your elbow should be pointed towards the ceiling. This is your starting position. Slowly extend your upper hand towards the ceiling until your elbow is straight. Then lower it back to the starting position.

This is one repetition. Do twelve to fifteen reps on one arm, then repeat with the other arm. Repeat entire set three times.

Weight Training

If you'd like to work out with weights like dumbbells or barbells from the comfort of your own home, you don't have to spend a fortune to get the equipment you need.

You can even purchase a good used set of weights for about half the price of a new one, and since free weights are easily stored, you won't have to worry about having to make room for a full weight bench.

There are stores like Play It Again Sports Fitness that specialized in used equipment. EBay and Amazon also handle discounted gear.

Amber Nash, founder of FitHealthyBest. com (a health and fitness website geared toward women) says, "Used weights generally sell for 50 cents for the pound, which is half off the price of new weights, which usually run for one dollar per pound or more."

Dumbbells can be used for weight training and for full-body fitness. They're especially effective because they also work the stabilizing muscles that surround your major muscle groups.

You'll want to start out at a lower weight that will allow you to do between twelve and twenty repetitions without feeling overly tired or over-exerting your muscles. If you're trying to build muscle mass, you'll want a heavier weight, so aim for about eight reps.

When lifting dumbbells or barbells, when you're just starting out with this home based workout, concentrate on your form instead of how many reps you are able to do.

Move your body slowly and feel the muscles contract so you know you're doing it correctly. Slower movements also force the stabilizing muscles and tendons to work, which is good for strengthening them. Be sure you're not overcompensating with another body part, too.

For example, when you're doing biceps curls, be sure to stand up straight instead of taking the weight with your back muscles.

If you're having trouble keeping the correct form, try working out in front of a mirror. You can also do a Google or YouTube search for workout videos and pay attention to how they're doing the exercises. Form is everything! It will not only help you get more out of your fitness routine, but it will ensure you don't hurt yourself in the process.

Remember to inhale when lifting the weight and exhale when returning to the starting position. You should be working out three to five times a week for about half an hour at a time, if possible. Don't expect to see massive results immediately. It's going to take several weeks or months of regular work before you notice significant muscle changes.

You'll notice a change in your strength before you see anything on the outside, so aim for that.

Use Kettlebells

For a lot of your home-based exercises, kettlebells are interchangeable with dumbbells. However, for some weighted moves, kettlebells are best. That's mostly because of their shape, which makes them much easier to swing around. You can hold them by the handle (also called the horns) or by the round bell, which allows you a different range of motion.

The weight is also distributed a little differently from a dumbbell, and that works different muscles when you do the same exercises. You want to work out with kettlebells for the same number of reps as with weights, three to five times a week for about thirty minutes.

Like dumbbells, kettlebells are easily located second-hand, which will save you lots of money. Even new, they're not that expensive (around \$65), so you can easily cut that in half and get a used set.

When you first start using kettlebells, it's normal to feel a bit of uncertainty. Here's how to use them for the most effective workouts. Start with a light weight – maybe 10 to 15 pounds – and when you're totally comfortable with that, you can try moving to a heavier weight.

When doing squats, hold the kettlebell by the handle with both hands and keep it close to your chest. This exercise will work your butt, quads, and hamstrings.

Stand with your feet shoulder-width apart and toes turned slightly outwards.

Bend at the knees and hips to squat and remember to bring your butt down below your knees. To return to starting position, drive through with your heels.

You can use a heavier kettlebell for deadlifts, which work your butt and the backs of your legs. These are some of the strongest muscles in your body, so let them do a bit of extra work. Stand with your feet hip-width apart, knees slightly bent.

Hold the kettlebell by the handle with both hands, palms facing in. Start at thigh level, then bend at the hips and slowly lower the weight to the ground between your feet.

Keep your back flat and shoulders back. Let your butt and legs do the work. Keep your core strong and work those muscles as you push through your heels to stand up straight again.

Keep your arms straight as you lift the weight back to starting position. Pause and squeeze before starting a new repetition.

Switch back to the lighter weights for the suitcase lunge. For this one, which works your legs and butt again, don't allow the kettlebells to swing wildly. They can get out of hand and strain

your back if you don't keep them still. Hold them at your sides as if they're real suitcases.

Stand with your feet shoulder-width apart, your arms by your sides, and a kettlebell in each hand (held by the handle). Take a big step forward. Bend both knees and lower your body until you're about at a 90-degree angle.

Keep your arms and back straight, your shoulders back, and your core engaged. Push through your heels to return to starting position, keeping most of the weight on your back foot.

Jump Rope

A jump rope is about the cheapest piece of exercise equipment you can get. In fact, you can purchase a quality jump rope for under twenty dollars!

Used properly, a jump rope can give you an interesting and effective workout, and of course, it can be done from anywhere.

Jump rope will improve your cardiovascular health and your stamina – and you'll lose some weight while you're at it! Jumping rope is also an easy-to-learn exercise that's fun, portable, and gives you a full-body workout in only around ten minutes.

Jump rope exercises are beneficial for other reasons as well: they come with a very low risk of injury with lower impact on knees and ankles than running.

Jumping rope will also improve your agility and balance, boost your metabolism, and give you great calf muscles to boot. To get the most out of your workout, you need to know a few basics.

First, rhythm and form are keys to a jump rope workout. To get into the right rhythm, try jumping without a rope and counting in time. You can also try working out to music with a heavy rhythm, keeping in time with the beat.

Make sure your jump rope is the right size for you, neither too long nor too short. Size does matter in this case! To measure your rope, stand on the middle of the rope with one foot and pull the handles up towards your armpit. The base of the handle (where the rope starts) should come up to your armpit or nipple area.

If you're buying a rope online, you can't measure it, so try the following guidelines (don't include the handles in the length measurement):

- If you're 4'9" to 5'3.5", purchase an 8-foot jump rope
- If you're 5'4" to 5'9", purchase an 8-foot, 6-inch jump rope
- If you're 5'9.5" to 6'3", purchase a 9-foot jump rope
- If you're 6'3.5" to 6'10", purchase a 9-foot, 9-inch jump rope

If you're new to jumping rope, choose a heavier rope that will give you more physical feedback as you jump. You don't need to leap up like an antelope, either. Stay on your toes and keep your knees slightly bent.

Keep your hands near your hip level. Hold your hands out with palms facing upwards. Your thumbs should be up near the top of the handle, not wrapped around your hand. Keep your grip relaxed, though, and don't squeeze too tightly.

Also, keep your elbows tight to your body and let your wrists and forearms do the work of powering the rope around.

You can increase your intensity by one (or more) of the following: jump faster for the same number of reps, use a heavier rope, jump for a longer period of time, or jump for more repetitions per set.

Jump for twenty or thirty seconds, then rest for ten seconds before starting another set.

Repeat the set four times for a round and go for three to five rounds during a workout.

Yoga Mat

If you're going to be exercising on the floor at home, or doing yoga, you'll need a mat. Fortunately, these are really inexpensive. At Target, they start around \$15.

The first thing you want to consider is thickness. This will determine how comfortable it's going to be. The downside is that the thicker the mat, the more wobbly you may be.

A thin mat is around 1/16th of an inch thick. This gives you a good connection to the floor, making it a plus when doing balance postures.

The disadvantage to that is that there's less cushioning between you and the floor. You might bang your knee doing a lunge. A thick mat is more like ¼ inch in width.

That may be better for back support during core work or inversions. You can also get a medium thickness mat that's 1/8th of an inch thick if you'd rather have something in between.

You'll also want to take into account the storage space you've got available. Thinner mats roll up into a smaller area, while thicker ones take up more space. Thinner also means more portable if you're thinking of taking on a yoga class after quarantine's over.

The material your mat is made of will determine its texture and "stickiness." It's also going to dictate how much "give" your mat has ("sponginess"). Most mats are made of either rubber or PVC (vinyl). Note that vinyl is not an eco-friendly choice if you're into leaving a smaller carbon footprint.

Vinyl mats do last a long time, though, and can last through a whole lot of workouts. They're spongier as well. Rubber mats can be natural or recycled. They may contain jute and cotton or be

made only of cotton. These are all more eco-friendly but less spongy. And if you're allergic to latex, avoid getting a rubber mat.

Your mat's texture will control the amount of traction it has. It's going to be either man-made (bumps on your vinyl mat) or a function of the material making up the mat (jute or cotton has a natural "grippy" texture).

A "grippy" or bumpy mat will keep you from slipping around on a hard floor. You'll want that, especially if you sweat a lot.

However, if the bumps bother your skin, try to make sure your smooth mat has some moisture control. You can get a mat to suit any need, from silky-smooth to super-bumpy. It's going to depend more on your sensitivity.

You're going to want some "stickiness" in your mat as well. Sticky mats keep you from sliding all over the floor when you change positions. They also help you keep a position for longer without

slipping beneath you. The stickiest mats are the vinyl (PVC) ones, but of course, they're not very eco-friendly.

If you need help staying put in your poses, but can't stand the raised texture of a rubber or jute mat, you'll need to go with the vinyl one. Just remember to keep it clean so it maintains its stickiness.

The best way to care for your yoga mat is to use plain old soap and water. Wet a washcloth with soapy water (a non-oil-based soap is best) and wipe down the mat before its first use. Also clean it once a week to keep it in tip-top shape.

For a quick clean, try a 50/50 mixture of apple cider vinegar and water. Wipe down your mat and let it dry in a well-ventilated room or (even better) outside.

You can also buy or make an essential oil mat spray that leaves your mat with a fresh scent like lemon, eucalyptus, lavender, or mint.

Over time, your mat will start to lose its stickiness. One of the best ways to fight that is to lightly sprinkle either baby powder or baking soda over the mat and wipe it with a clean, dry cloth. This will soak up some of the oils and moisture.

Medicine Ball

These weighted balls, usually the size of a soccer ball or basketball, weigh anywhere from two to thirty pounds. They're made of vinyl and filled with a type of gel. Medicine balls are used to strengthen your core, help improve your balance, and develop your overall strength. They can get expensive, but you can usually find an inexpensive one somewhere like Walmart.

Most people have no idea what they're even supposed to do with a medicine ball. If that's you, I have good news! The following exercises will help familiarize you with your medicine ball and learn how to use it properly at home.

Medicine Ball Slam – Get into a lunge position with one leg in front of the other. You should be balancing instead of resting firmly against the floor. Hold your medicine ball over your head and slam it down onto the floor on the outside of your forward

leg. Really put some muscle into this. You're twisting your core as you move the ball downwards.

Pick the ball back up as it bounces and repeat the movement.

Do as many repetitions as you can in a 45-second time period, then rest for about 15 seconds before trying it on the other leg.

Lunge and Pass – Stand with your legs apart and one in front of the other like you're doing a split. Hold your medicine ball close to your chest. Bend both knees so you're in a lunge position. Lower the ball down the inside of your forward leg and pass it underneath that leg from one hand to the other.

Bring the ball back up to your chest with both hands. That's one repetition. Do as many reps as you can in 45 seconds, then take a 15-second rest before doing the other leg.

Bent-Over Row – Stand upright with your feet shoulder-width apart. Bend your knees just slightly but keep your back straight. Hold the medicine ball in both hands and bend slightly forward at the hips until your back forms a 45-degree angle with the floor.

Pull the ball upwards while squeezing your shoulder blades together. Hold this position for a second, then slowly lower the ball again. That's one repetition. Do as many reps as you can in 45 seconds, then take a 15-second rest.

Bicycle Twist – Lie on your back with your knees bent and your feet flat on the floor. Hold the medicine ball in both hands above your chest. Curl your torso upwards by squeezing your abs.

At the top of the crunch, twist your torso so your left elbow meets your right knee (or vice versa) with the ball still in both hands.

Stretch your left leg out at the same time, as if pedaling a bicycle. Return to the starting position and repeat with the other leg.

That's one repetition. Do as many reps as you can in 45 seconds, then take a 15-second rest.

Remember that your form is more important than using a heavier weight.

Fitness Sliders

These are synthetic discs that you can use under either your feet or your hands. They're designed for exercise buffs who've mastered the basics and are ready for something more challenging.

Fitness sliders force you to use your core muscles to keep your feet and hands underneath your body as you slide around on the floor.

Fitness sliders are pretty inexpensive anyway (under ten dollars) but if you want to save even more money, you can just use a couple of small dish towels – just don't use them to dry the dishes later!

Here are some fairly simple exercises that will challenge your dexterity and really work your core.

We'll start with the "plank position." That's when it looks as if you've just completed a push-up. You're positioned on your hands and toes with your legs and arms straight. Your weight should be on your toes and on your hands. Your back should be straight.

Keep your hands slightly wider than your shoulders and look down and just a bit in front of your hands so your head's straight too. Squeeze your abs and keep your back straight.

Knee Tucks – Start in a plank position with both feet on sliders. Squeeze your abs to curl your body forward, bending at the knees until your knees touch your chest.

Focus on keeping that core tight. Don't let your hips get too high. Slide your feet back into plank position for one repetition. Aim for twelve to fifteen reps repeated up to three times.

Mountain Climber – Start in exactly the same position as for knee tucks. Slide your right knee forward until it touches your chest. Keep your abs and core tight and your back straight.

Push your knee back into plank position and repeat the movement with your left leg. This is one repetition. Aim for twelve to fifteen reps repeated up to three times.

Pike – Start in plank position with both feet on sliders. Squeeze your abs and shove your hips toward the ceiling, which will pull your feet in towards your hands.

Make sure to keep your hand and shoulders in the same place. Use your hips to move your legs. Return to starting position for one repetition. Aim for twelve to fifteen reps repeated up to three times.

Plank Jack – Start in plank position with both feet on sliders. Push feet apart to at least hip-width, then pull back together. That's

one repetition. Aim for twelve to fifteen fast reps repeated up to three times.

Side Knee Tuck – Start in plank position with both feet on sliders. Squeeze your abs and pull your knees in toward your chest. Slide both feet towards the right, making sure you can feel your oblique muscles working in your abdomen. Finish with both feet outside of your right hand.

Keep your hands and arms steady. Return to plank position and repeat the move to the left side. This is one repetition. Aim for twelve to fifteen reps repeated up to three times.

Stair Climber

One of the most effective ways to work your entire body is with a stair climber (otherwise called a stair stepper).

You may be ask yourself: why not save even more money and just jof up and down my own steps?

There are a couple of reasons you don't want to do that.

First, using wooden or cement stairs is high-impact and hard on your knees and ankles. Whereas a stair-stepper won't put that much strain on your joints.

Second, you'll wear out your steps and carpeting if you do a lot of repetitive movement.

And finally, just going up and down your own stairs gets really boring and tedious! With a stair climber or stepper however, you can set up in front of the television and exercise while you binge that latest Netflix show. 😊

Another common question is: why even buy a stair stepper? Why not just take a brisk walk, either in the neighborhood or on a treadmill?

Climbing stairs improves your endurance and stamina. It's a low-impact workout that still gives you a good cardio session. You'll burn calories, lose weight, and tone your muscles, all at the same time.

You'll also improve your balance and stability. If you purchase a machine, you can set it up anywhere in your home and it doesn't take up very much space.

If you add some resistance bands to your workout, you can even tone your upper body at the same time!

When buying a stair stepper, make sure the one you buy is one of the higher quality machines with good reviews. It's usually better to pay a bit more for a better machine instead of getting something cheap that wears out before you can get any use out of it.

When choosing your machine, there are three basic types of stepper.

First is your basic stair stepper machine. Pros for this include sturdiness, stability and durability.

These steppers are great for the heavier person, so if you need to lose a number of pounds, you should think along these lines. They come in manual and motorized, and most have railings. Motorized machines are usually a bit larger than other steppers and will

need more space. They're also noisier than the manual versions. These stair steppers cost more than the mini steppers and aren't very portable.

Mini steppers are just as the name suggests – smaller versions of the basic machine. They're lightweight and more portable. Most models don't have rails, though. Mini steppers do offer a more varied workout, especially if you add resistance bands. Some offer twisting or side-stepping options as well.

They're also compact and less expensive. However, many are of a lower quality than the basic machines. They're not as sturdy and some are actually too lightweight – they'll move during your workout. They may not be as durable, and they're not built for heavier people.

The “kings” of the stepping machine, of course, is the Stairmaster.

Some have two foot plates you operate in turn, while others look more like an escalator. You'll probably get the best workout from a Stairmaster – if you can afford the price.

They also require a lot of floor and ceiling space, and they're not at all portable. But if you're got the money and the room, you can't beat this machine.

Conclusion

As you can see from the information in this special report, if you're interested in starting a regular exercise regimen at home, you don't have to spend a fortune on equipment or a gym membership. You can purchase inexpensive equipment, either new or used, and use your home or garage as a workout space.

In addition, you can often buy expensive gym equipment at affordable prices if you go with used equipment.

Steve Adams, who describes himself as “a frugal fitness enthusiast,” says he often purchases his expensive equipment on Craigslist or Facebook Marketplace.

Don't buy anything unless you're aware of the exact make and model, though. That way, you can do your research and read reviews on that model.

Adams also recommends getting multiple photos of the equipment before you buy, so you can zoom in and check for rust or other wear-and-tear.

Ask the seller why they're getting rid of the equipment. "I never used it," is far better for you than "I wanted a new one." Also see if they'll negotiate on the price if you pay cash and pick up the equipment yourself.

Happy exercising!

Resources

Here are links to a few resources that I believe will help you:

Trainers Guide to Home Based Workouts:

>> <https://thethirty.whowhatwear.com/tips-for-working-out-at-home>

Beginners Tips to Working Out At Home:

>> <https://www.runtastic.com/blog/en/how-to-start-working-out/>

How to Create a Gym At Home:

>> <https://www.self.com/story/exactly-how-to-start-workout-program-without-joining-gym>

100 Home Based Workout Ideas:

>> <https://www.muscleandstrength.com/workouts/home>