

# cheap home workout equipment

**cheap home workout equipment** doesn't have to mean compromising on effectiveness or your fitness goals. Transforming your living space into a functional home gym is more achievable and budget-friendly than ever before. This comprehensive guide explores the most versatile and cost-effective options available, empowering you to build a robust workout routine without breaking the bank. We'll delve into the benefits of investing in affordable fitness gear, discover essential items for various training styles, and offer practical tips for maximizing your home workout space. From resistance bands to adjustable dumbbells, you'll find everything you need to get started on your journey to a healthier you. Prepare to unlock a world of fitness possibilities right at your doorstep.

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## The Benefits of Affordable Home Workout Gear

Embracing cheap home workout equipment offers a multitude of advantages for individuals looking to prioritize their health and fitness without significant financial outlay. The convenience factor alone is a major draw; eliminating commute times to a gym and the need to adhere to external schedules allows for greater flexibility and consistency in training. This accessibility can be a game-changer for busy professionals, parents, or anyone who struggles to fit traditional gym sessions into their day. Furthermore, having a dedicated workout space at home fosters a sense of personal commitment and can lead to more focused and intense training sessions.

Beyond convenience, the cost savings associated with budget-friendly home fitness equipment are undeniable. Instead of recurring monthly gym membership fees, a one-time investment in durable, affordable gear provides long-term value. This makes fitness accessible to a wider demographic, breaking down financial barriers that might otherwise prevent individuals from pursuing their wellness goals. The ability to tailor your equipment selection to your specific fitness needs and preferences also ensures that you're not paying for amenities or machinery you'll never use, further optimizing your investment.

# Essential Cheap Home Workout Equipment for Every Routine

When building a home gym on a budget, strategic selection is key. The goal is to acquire versatile pieces of equipment that can be used for a wide range of exercises targeting different muscle groups. This approach maximizes the return on investment and ensures that your limited budget provides the greatest possible fitness impact. Focus on items that offer scalability and can adapt to your progressing strength levels.

## Resistance Bands: The Versatile Powerhouse

Resistance bands are arguably the most cost-effective and versatile piece of cheap home workout equipment available. They come in various resistance levels, from light to extra-heavy, and can be used for a comprehensive full-body workout. Their portability makes them ideal for small spaces, and they are excellent for strength training, rehabilitation, and flexibility exercises. From squats and lunges to rows and bicep curls, the applications are nearly endless.

- Loop bands for lower body exercises
- Tube bands with handles for upper body and compound movements
- Therapy bands for lighter resistance and stretching

The ability to mimic many gym exercises at a fraction of the cost makes resistance bands a cornerstone of any budget-friendly home fitness setup. They engage muscles in a different way than free weights, often promoting better muscle activation and reduced joint strain, which is beneficial for injury prevention and recovery.

## Bodyweight Training Accessories

While bodyweight exercises are inherently free, a few key accessories can significantly enhance their effectiveness and variety. These items are typically inexpensive and can elevate standard exercises to new levels of challenge.

## **Jump Ropes**

A classic for a reason, a good quality jump rope is an inexpensive tool for a highly effective cardiovascular workout. It improves coordination, stamina, and agility. Different types of jump ropes, such as speed ropes or weighted ropes, offer varied training experiences and can be purchased for a minimal investment. Mastering different jump rope techniques can make cardio sessions far more engaging than repetitive treadmill use.

## **Push-Up Bars**

Push-up bars allow for a greater range of motion during push-ups, which can increase muscle activation in the chest, shoulders, and triceps. They also reduce strain on the wrists, making the exercise more comfortable and sustainable for longer periods. This simple accessory amplifies the benefits of one of the most fundamental bodyweight exercises.

## **Dumbbells and Kettlebells: Core Strength Builders**

While a full set of traditional dumbbells can be costly, there are affordable options that provide significant training value. Adjustable dumbbells are a fantastic long-term investment for home gyms, as they allow you to change the weight incrementally, saving space and money compared to buying multiple fixed-weight pairs.

### **Adjustable Dumbbells**

These weight sets allow you to quickly adjust the resistance, making them perfect for progressive overload and for multiple users in a household with varying strength levels. While the initial cost might be higher than a single pair of fixed dumbbells, their versatility and space-saving design make them an excellent value proposition for a cheap home workout setup. Look for reputable brands that offer smooth and secure weight adjustment mechanisms.

### **Kettlebells**

Kettlebells are exceptionally versatile, enabling ballistic training that combines strength and cardiovascular conditioning. Exercises like kettlebell swings, cleans, and snatches engage the entire body and are fantastic for building explosive power and core strength. Start with one or two moderate-weight kettlebells, as they can be used for a wide array of movements.

## Other Cost-Effective Essentials

Several other items can add significant value to your home workout without a large financial commitment.

### Exercise Mats

An exercise mat provides cushioning and grip, essential for comfort and safety during floor exercises like yoga, Pilates, core work, and stretching. They protect your joints and your flooring, making your workout experience much more pleasant. Look for durable, non-slip mats that are easy to clean.

### Pull-Up Bar (Doorway)

A doorway pull-up bar is a highly effective piece of equipment for building upper body strength, particularly in the back and biceps. Many models require no permanent installation and can be easily removed, making them ideal for renters. They offer a challenging exercise that's difficult to replicate with other budget-friendly options.

## Maximizing Your Space and Budget: Smart Shopping Tips

When aiming to equip a home gym with cheap workout gear, smart shopping strategies are paramount. The goal is to acquire durable, functional, and versatile items that offer the best possible value for money. Understanding where to look and what to prioritize will ensure your investment yields the most significant fitness returns.

### Buy Used Equipment

The second-hand market is a goldmine for affordable fitness equipment. Local classifieds, online marketplaces, and even garage sales often feature lightly used dumbbells, weight benches, resistance machines, and cardio equipment at a fraction of their original price. Thoroughly inspect any used equipment for signs of wear and tear, rust, or damage before purchasing.

### Prioritize Versatility

When selecting pieces, always consider how many different exercises and

muscle groups each item can target. For instance, a single adjustable dumbbell set can replace numerous pairs of fixed dumbbells. Similarly, resistance bands can be used for a vast array of movements. Focus on equipment that allows for progressive overload, meaning you can increase the challenge as you get stronger.

## **Look for Sales and Discounts**

Many sporting goods stores and online retailers offer seasonal sales, holiday promotions, and clearance events. Signing up for email newsletters from your favorite fitness equipment brands or retailers can alert you to upcoming discounts. Patience can often lead to significant savings on your desired items.

## **Consider Multi-Functional Equipment**

Opt for equipment that serves multiple purposes. For example, a sturdy bench can be used for dumbbell presses, seated exercises, and even as a platform for plyometric drills. Combinations of equipment, like a squat rack that can also accommodate bench presses and pull-ups, offer immense value if space and budget allow for slightly larger, but more comprehensive, items.

## **Building a Complete Home Gym on a Budget**

Creating an effective home gym doesn't require a massive budget or an expansive space. By strategically selecting affordable and versatile equipment, you can build a functional training environment that supports a wide range of fitness goals. The key is to start with the essentials and gradually expand your collection as your needs and budget evolve.

Begin by assessing your primary fitness objectives. Are you focused on cardiovascular health, strength training, flexibility, or a combination? This will guide your initial equipment purchases. For example, if cardio is your priority, a good jump rope and perhaps a resistance band set would be a great starting point. For strength training enthusiasts, investing in adjustable dumbbells or a set of kettlebells would be more beneficial. The objective is to build a foundation of versatile tools that can be used for compound movements and isolation exercises, ensuring that you can train your entire body effectively.

## Example Budget Home Gym Setup

Here's a sample setup that balances cost-effectiveness with comprehensive training capabilities:

- Resistance Band Set (various strengths)
- Adjustable Dumbbells (e.g., up to 25 lbs or 50 lbs per dumbbell)
- Jump Rope
- Exercise Mat
- Doorway Pull-Up Bar

This collection of cheap home workout equipment allows for a vast array of exercises. You can perform lower body work like squats, lunges, and glute bridges with resistance bands and dumbbells. Upper body training can include chest presses, rows, shoulder presses, bicep curls, and triceps extensions using dumbbells and bands. The pull-up bar targets your back and biceps, while the jump rope provides an excellent cardio element. The exercise mat ensures comfort for core work, stretching, and floor-based exercises.

As you progress, you might consider adding a kettlebell for dynamic movements, a stability ball for core training and balance exercises, or even a basic adjustable weight bench to increase the variety of dumbbell exercises you can perform. The beauty of a home gym is its scalability; you can build it piece by piece, ensuring that each addition contributes meaningfully to your fitness journey without overwhelming your budget.

## Tips for Maintaining Your Equipment

To ensure the longevity of your cheap home workout equipment, proper maintenance is crucial. Regularly clean your equipment, especially items that come into contact with sweat, using a mild soap and water solution or disinfectant wipes. Store your equipment properly to prevent damage or clutter; resistance bands, for instance, should be stored away from direct sunlight and sharp objects. For adjustable dumbbells, ensure the locking mechanisms are secure and free of debris. This care will help your affordable gear last for years, continuing to support your fitness endeavors.

## **FAQ**

### **Q: What are the most versatile pieces of cheap home workout equipment?**

A: The most versatile pieces of cheap home workout equipment typically include resistance bands, adjustable dumbbells, kettlebells, and jump ropes. These items can be used for a wide range of exercises targeting various muscle groups and fitness goals, making them excellent value for a home gym.

### **Q: Can I build significant muscle mass using only cheap home workout equipment?**

A: Yes, it is possible to build significant muscle mass using only cheap home workout equipment, especially with progressive overload techniques. Focusing on compound movements with resistance bands, dumbbells, and bodyweight exercises, along with increasing resistance or repetitions over time, can effectively stimulate muscle growth.

### **Q: How can I make my home workouts more engaging without expensive machines?**

A: To make home workouts more engaging without expensive machines, incorporate variety into your routine. Use different resistance band strengths, try new dumbbell exercises, incorporate plyometrics with bodyweight training, and explore fitness apps or online workout videos that utilize minimal equipment. Music and creating a dedicated workout space can also boost engagement.

### **Q: What is the best cheap home workout equipment for cardiovascular training?**

A: The best cheap home workout equipment for cardiovascular training includes a jump rope, resistance bands for circuit training, and perhaps a simple aerobic step. These items allow for high-intensity interval training (HIIT) and sustained aerobic activity without the need for large, costly machines.

### **Q: Are adjustable dumbbells worth the investment compared to buying multiple fixed-weight dumbbells on a budget?**

A: Yes, adjustable dumbbells are often worth the investment even on a budget. While their initial cost might be higher than a single pair of fixed

dumbbells, they save significant space and offer a wider range of weight options, allowing for progressive overload and a more comprehensive training experience over time.

### **Q: What are some effective bodyweight exercises I can do with minimal or no equipment?**

A: Effective bodyweight exercises include squats, lunges, push-ups, planks, burpees, crunches, and jumping jacks. With a doorway pull-up bar, you can add pull-ups and chin-ups to your routine. A simple exercise mat enhances comfort for many of these movements.

### **Q: Where can I find the best deals on cheap home workout equipment?**

A: You can find great deals on cheap home workout equipment at online marketplaces (like Amazon, eBay, Facebook Marketplace), discount sporting goods stores, during seasonal sales events, and by checking out second-hand or used sports equipment retailers.

### **Q: How do I choose the right resistance bands for my workout needs?**

A: When choosing resistance bands, consider starting with a set that includes multiple resistance levels, from light to heavy. Look for loop bands for lower body exercises and tube bands with handles for upper body and compound movements. Read reviews to gauge durability and effectiveness for your intended exercises.

## **Cheap Home Workout Equipment**

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**cheap home workout equipment: Women's Home Workout Bible** Brad Schoenfeld, 2010  
Millions of women have discovered the benefits of home fitness, and female consumers spend millions annually on home gym equipment. Working out at home can be the ideal setting for a shapeover, but many women are intimidated by the concept or don't know how to make the most of their equipment. In Women's Home Workout Bible, fitness expert and best-selling author Brad Schoenfeld makes sense of home-based workouts by covering fitness routines for every training style, budget, and home space. The full-color guide includes 12 four-week programs for conditioning,

sculpting, and core stability, plus three levels of fat-burning cardio workouts, all customizable to fit the reader's goals. It also has consumer buying tips for products and guidelines for making the most of any space for a home gym. Applicable to any budget, the book provides plans for creating a personal gym, or adding to an existing home gym, on budgets of \$100, \$500, \$1000, and over \$2500. Women's Home Workout Bible is a fitness manual, buying guide, and personal trainer all in one. It can help women get the body they want without leaving the house--or breaking the bank.

**cheap home workout equipment:** *Forever Fit: A Comprehensive Guide to Diet and Fitness* Shu Chen Hou, Are you tired of feeling stuck in your fitness journey? Are you ready to take control of your health and transform your body and mind? Look no further than *Forever Fit: A Comprehensive Guide to Diet and Fitness*. This guide is more than just a diet and exercise plan. It's a comprehensive guide to living a healthy and active lifestyle that will help you achieve optimal health and wellness. From the latest nutrition research to the most effective workout strategies, *Forever Fit* has everything you need to succeed. Our guide is designed for anyone who is ready to make a change and start living their best life. Whether you're a fitness enthusiast or just starting out, *Forever Fit* has something for everyone. So why wait? Don't let another day go by feeling less than your best. Invest in your health and wellness with *Forever Fit: A Comprehensive Guide to Diet and Fitness*. Get started on your transformation today and start living your best life.

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**cheap home workout equipment:** *Good with Money* Emma Edwards, 2024-09-26 Have you ever avoided looking at your banking app after a big night out? Placed an online order during a late-night doomscroll? Felt helpless when your new budget simply failed to stick, despite your best intentions? If that sounds familiar, this is the book for you. In the age of smartphones and social media, we're surrounded by an endless stream of stuff we could buy, not to mention social conditioning around what makes us happy, as well as fast fashion, algorithmic advertising and 'where did you get that?' culture. Financial behaviour expert Emma Edwards will help you unpack the reasons you're so emotionally tangled with your money (spoiler: it's absolutely not your fault) and look at what might be keeping you stuck. She'll teach you to reclaim your decision-making, deep-dive into your beliefs, identity and habits, and come out the other side feeling 'good with money'. With a step-by-step guide to creating a money management system that actually works, *Good With Money* will change the way you think about budgeting, consumption and yourself, and put you back in the driver's seat of your own financial future.

**cheap home workout equipment:** *100 Year Lifestyle Workout* D. C. Plasker Eric, 2009-12-22 *100 Year Lifestyle Workout* is the essential new fitness plan for Baby Boomers who want to remain fit and healthy into retirement.

**cheap home workout equipment:** *Fit Body in Just Ten Minutes* Pasquale De Marco, 2025-03-08 In a world where time seems to slip away like sand through our fingers, *Fit Body in Just Ten Minutes* emerges as a beacon of hope, proving that achieving a fit and fabulous body is possible without sacrificing precious hours. This revolutionary guide unveils the power of ten-minute workouts, empowering individuals to transform their bodies and lives with minimal time investment. Through the pages of this transformative book, you'll discover the science behind ten-minute workouts, dispelling common myths and revealing the incredible potential of high-intensity interval training (HIIT) and other effective exercise protocols. Our expert guidance will help you design your personalized ten-minute workout plan, tailored to your fitness level, goals, and lifestyle. With *Fit Body in Just Ten Minutes*, you'll unlock the secrets to a healthier, happier, and more confident you. Get ready to embrace the ten-minute transformation and experience the incredible power of short, effective workouts, proving that fitness is not about quantity but quality. Your journey to a fitter, healthier you starts now! Imagine stepping into a world where fitness is no longer a chore but an enjoyable and efficient part of your daily routine. Our comprehensive approach addresses every aspect of your fitness journey, from choosing the right exercises and structuring your workouts to

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**cheap home workout equipment:** *Stronger Together The Family's Guide to Fitness and Wellbeing* Lachlan Sleight, 2023-06-14 *Stronger Together The Family's Guide to Fitness and Wellbeing* is a comprehensive and practical resource designed to empower families in achieving their fitness goals and cultivating a healthy lifestyle together. This book serves as a roadmap for families seeking to enhance their physical well-being, strengthen their relationships, and create lasting memories through shared physical activities. Throughout the pages of *Stronger Together The Family's Guide to Fitness and Wellbeing* readers will discover a wealth of information and practical advice on various topics related to family fitness. The book covers essential areas such as setting fitness goals as a family, understanding exercise intensity and frequency, age-appropriate exercises and activities, and the role of nutrition in fitness. It also provides insights into creating a home gym on a budget, engaging in bodyweight exercises, and enjoying outdoor activities as a family. *Stronger Together The Family's Guide to Fitness and Wellbeing* also recognizes the unique needs of different family members, including children, adults, and seniors. It delves into the benefits of physical activity for each age group and offers practical suggestions for age-appropriate exercises and modifications to accommodate physical limitations. Additionally, the book explores the importance of nutrition and healthy eating habits, equipping families with the knowledge to make informed food choices and create a nourishing environment at home. The book is filled with practical tips, real-life examples, and inspiring stories of families who have successfully integrated fitness into their lives. It encourages readers to find activities they enjoy, engage in fun family activities, and make use of the great outdoors to enhance their fitness journey. The inclusion of safety guidelines ensures that families can engage in physical activities with peace of mind. *Stronger Together The Family's Guide to Fitness and Wellbeing* is not just a book, but a roadmap to a healthier and happier family life. It empowers families to embark on a journey towards improved fitness, closer relationships, and lifelong well-being. By following the advice and recommendations within its pages, families can create a sustainable fitness routine that will positively impact their lives for years to come.

**cheap home workout equipment:** *The Burst! Workout* Sean Foy, Nellie Sabin, Mike Smolinski, 2014-01-01 Portions of this book were published in 2009 in *The 10-minute total body breakthrough*.--Title page verso.

**cheap home workout equipment:** *Applying Automation in Work:* Carroll B. Morgan, 2025-06-24 *Applying Automation in Work: Workflow Automation to Achieve More Work, Doing Less Effort [Impact of Artificial Intelligence, Robots, and Automation Technology on Work Environment and How Should We Respond.]* Have you ever wished you knew how to automate your daily work, but had no idea where to start from? In this book, we embark on an exciting journey to explore the vast potential of automation in transforming our daily routines, both at work and in our personal lives. From repetitive tasks to complex processes, we discover how automation can free up our time, improve efficiency, and enhance productivity in ways we could have never imagined. Here Is A Preview Of What You'll Learn... Introduction to Busywork Automation The Benefits of Automating Repetitive Tasks Setting Up Your Automation Environment Understanding Workflow Automation Automating Data Entry and Management Streamlining Document Creation and Processing Automating Email and Communication Tasks Enhancing File and Folder Organization Automating Calendar and Schedule Management Optimizing Social Media and Online Presence Automating Website Updates and Maintenance Integrating Automation into Project Management Enhancing Customer Support with Automation And Much, much more! Take action now, follow the proven strategies within these pages, and immerse yourself in a future where automation isn't just a tool but

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**cheap home workout equipment: Fitness** Jake Herbert, 2024-01-05 This is a book combo that contains the following topics: Bodybuilding Cardio Fitness Equipment Fitness Motivation Home Gym Metabolism Muscle Building Strength Training

**cheap home workout equipment: Fitness After 50** Walter H. Ettinger, Walter Ettinger, Brenda S. Wright, Steven N. Blair, 2006 It's never too late to get fit! Fitness After 50 shows you exactly how to get there, addressing all of your questions about exercise--and more. Whether you are completely new to exercise or are looking to fine-tune your existing program, this information-rich book will show you how to get started, stay on track, and have fun as you meet your fitness goals. This easy-to-understand manual also serves as a self-paced workbook, which teaches you what to ask your doctor about physical activity, how to exercise safely, and how to fit activity into your busy schedule. If you have an existing medical condition such as heart disease, osteoporosis, or diabetes, you will also find ways to adapt your activity level to your condition. Sample aerobic, muscular fitness, and combination programs are provided, along with lifestyle strategies for fitting activity into your daily routine. Fitness After 50 offers reliable advice you can trust. Authors Walter Ettinger, Brenda Wright, and Steven Blair are among the most highly regarded experts in the field of physical activity and health. And since all of them are over 50, they understand your needs and concerns firsthand. Easy to use and full of more than 50 forms, lists, and other learning tools, Fitness After 50 is the one-stop source for fitness information that you'll reach for again and again.

**cheap home workout equipment: DIY Home Gym** Barrett Williams, ChatGPT, 2024-08-20  
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**cheap home workout equipment:** *Fitness For Dummies* Suzanne Schlosberg, Liz Neporent, 2010-12-07 The latest and greatest in getting fit and staying that way! Fitness For Dummies, 4th Edition, provides the latest information and advice for properly shaping, conditioning, and strengthening your body to enhance overall fitness and health. With the help of fitness professionals Suzanne Schlosberg and Liz Neporent, you'll learn to set and achieve realistic fitness goals without expensive fitness club fees! Achieve motivation and social support from social networking sites such as Twitter and Facebook Take advantage of digital resources such as e-exercising programs, video instructors, digital training systems, apps, and more Gives you the latest tips and methods to test your own fitness level, set realistic goals, stick with your program, and get great results Shows you how to spot where fat is sneaking into your diet Get the most out of high-tech exercise machines and equipment, plus tips for using dumbbells or a simple jump rope to achieve results Offers step-by-step instructions on creating a home gym on a budget Featuring all-new informative fitness photos and illustrations, this revised edition of Fitness For Dummies is all you need to get on track to a healthy new body!

**cheap home workout equipment: Financial Wellness: Maximizing Your Budget for Self-Care** Vexon Jyth, 2025-02-25 In this comprehensive guide, you will learn how to effectively manage your finances to afford essential personal care products, gym memberships, and other wellness activities without breaking the bank. The book begins by highlighting the importance of self-care and wellness in maintaining a healthy lifestyle. It emphasizes the significance of budgeting for these expenses as a crucial aspect of overall financial health. By understanding the value of investing in your well-being, you can make informed decisions about where to allocate your resources. From tracking expenses to setting financial goals, this book walks you through the process of establishing a sustainable financial plan for prioritizing your well-being. You will also discover cost-effective ways to incorporate self-care practices into your daily routine, whether through DIY beauty treatments, home workouts, or mindful wellness practices. By making simple lifestyle adjustments and exploring budget-friendly alternatives, you can enhance your well-being without overspending. Through real-life examples and practical scenarios, you will learn how to navigate unexpected expenses, prioritize essential needs, and maintain financial balance while pursuing self-care goals. As you delve deeper into the world of financial wellness, you will gain confidence in managing your budget effectively to support your self-care journey. By applying the insights and strategies outlined in this book, you will be empowered to take control of your finances and prioritize your well-being for a healthier, happier life. With a focus on practical solutions and proven strategies, this book offers a roadmap to financial freedom and self-care empowerment.

**cheap home workout equipment: Weight Training For Dummies** Georgia Rickard, Liz Neporent, Suzanne Schlosberg, 2011-07-15 Feel strong, toned and terrific with the latest moves in strength training Whether you're a beginner who doesn't know a barbell from a chocolate bar, a fitness junkie looking to expand your knowledge on weight training, or you're recovering from an injury and need to rebuild strength, this book is for you. Find out how to use exercise machines and weights at the gym and design a workout to do at home. Know your way around a gym — learn all the weight lifting lingo, equipment and etiquette Help control your weight — raise your basal metabolism and burn fat, not muscle, while eating right Keep your bones healthy — maintain bone density and reduce your risk of developing osteoporosis Track your progress — use a daily workout log to track your journey from soft to strong Stay motivated — try a blend of machines, free weights, balls, bands and classes to keep your workout interesting Improve your heart health — work your heart and lungs with aerobic exercise to complement your strength training Exercise safely — follow step-by-step instructions on how to train without hurting yourself Mix up your weight training — improve your balance and coordination with yoga and Pilates moves Open the book and find: More than 150 weight training exercises with photos The latest in equipment, including free weights and machines The best moves for working your core Information on toning and strengthening without bulking up How to find a fitness trainer The latest exercise DVDs to hire, buy or download The lowdown on exercise deals and duds Current data on nutritional supplements Learn to: Customise a safe and effective exercise program to suit your lifestyle Use free weights, kettlebells and more to target specific areas Complement your workout with Pilates and yoga Balance your diet to fuel your workout

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Lambert, 2011-09 About the Author Wayne spends his spare time raising money for various charities, boxing, travelling, reading and enjoying family life in Dubai where he lives with his wife and baby daughter. Profits from any commercial product or service are donated to various charities. Profits from this book are donated to Help for Heroes, Royal British Legion, and War Child. About the Book The books most obvious concept is how you can exercise your body anywhere and this book is a mammoth of information, from actually 'how to keep a journal' of your progress, to detailed explanations to why and how the exercises work. Conquer your fitness potential, inclusive of your aerobic, anaerobic, muscular endurance, strength and power to name only a few. Easy templates are provided within this book to help you. Basically all the work is done for you, from basic to intense programs depending on your fitness levels... you just have to read it and take action. Life is choice... choose to do it today!

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