

Create a Home Gym for LESS than \$100

EZfitin10: Do what you CAN!

Fitbreaks for Every BODY!

sue@ezfitin10.com

ezfintin10@gmail.com

So you're suddenly stranded at home without access to a gym. Sound familiar? How are you going to keep your fitness level up? When making the spare bedroom into a state-of-the-art home gym is NOT an option, then keep reading for how to create a home gym for under \$100!

- Yes you can workout from home.
- Yes you can do it on a budget.
- Yes, it is true... **if you have injuries you do need special stuff!**, however there are still a ton of exercises you CAN do even if you have s*** going on (knee s***, hip s***, shoulder s*** ...you know...s***!)

1. Exercise Bands (Essential!)

Exercise Bands are one of the easiest pieces of equipment to work with. Light-weight and portable make them ideal for home workouts and when travelling, plus they are easy to stow away when not being used.

Having a few different “weights” or resistance levels in each type of band allows for safe progressions- as you get stronger you will need a heavier band. Some exercises will always require a lighter resistance, so investing in multiple bands will serve you well!

Below are my “must haves”

1. Bands

Bands are the cheapest, easiest, and most versatile pieces of fitness equipment out there. Tubing with handles are fantastic for Upper Body exercises because they allow you to stay in an upright position- very important for beginners and people with low-back pain.

The loop bands are great for glute work (your butt, bum, bottom- whatever). One of the unfortunate side effects of a desk job is **Dormant Butt Syndrome**- it's a thing people! Sitting all day makes our glute muscles turn off. The loop exercise bands helps turn them back on...feel the burn!

Tubing with Handles Variety Pack: *\$25.65*

[Prosource Fit Tube Resistance Bands Set with Attached Handles, Door Anchor, Carrying Case and Exercise Guide](#)

Exercise Loops Variety Pack: *\$12.99*

[Letsfit Resistance Loop Bands, Resistance Exercise Bands for Home Fitness, Stretching, Strength Training, Physical Therapy, Natural Latex Workout Bands, Pilates Flexbands, 12" x 2"](#)

2. Stability Balls (Essential)

The Stability Ball has now become a classic piece of home equipment. Used for a variety of exercises and purposes, a Stability Ball is great for beginners as well as experienced fitness participants. You buy one based on your height, weight, and gender. Yes, they are bulky and take up space- however they are worth- just for the sheer enjoyment of being able to bounce on a ball everyday!

Stability Ball

Fun, easy to use, and great for Core training!

[BPM Premium Exercise Ball with Pump, Bonus Massage Ball!](#)
[Access to Workout Guide, Yoga Ball, Stability Ball, Heavy Duty Office Ball Chair, Anti-Burst & Extra Thick, Supports 2000lbs](#)

3. Foam Roller (Essential)

Here's the deal. You've got to fix your s*** (stuff that hurts) before you can start really working out hard. Chronic pain due to muscle imbalances is the stuff I'm talking about. Naggy aches and pains like chronic lower back pain, knee pain, hip pain, shoulder pain...ect ect ect. This type of pain is TYPICALLY (not always) caused by our Fascia (connective tissue) being tight, or bunched up. When the Fascia gets bunched up it feels like a knot- that's what the massage therapist works on when you go get a massage- and it's the part that hurts when she starts working on it to get it to release. When we have a knot it pulls on the surrounding joints, therefore causing pain in the joint. Sometimes it's the joint closest to the knot, but sometimes it's somewhere else. For example, plantar fasciitis (pain in the arch of the foot or heel) is typically caused by a misalignment in your hips- nowhere near the foot!

I know...very confusing! The moral of the story is...you've got to fix your s*** before you can do the fun s***! So you need a foam roller and...**YOU NEED TO USE IT!**

Foam Roller: Get the 36" heavy duty one! *\$17.99*

[CanDo High Density Half Roller, Black, 6 x 12 Inch](#)

Those are my Essential must haves for getting fit at home. I use the bands during my Fitbreaks and the Foam Roller for the Stretchbreaks.

That was a fast \$100, wasn't it?

Now...if you're willing to spend a bit more, here's the rest of my list for making the most out of your home workouts :)

The next 3 items are awesome, and specific to Pilates based workouts, so therefore, not essential, but still super cool!

4. The Magic Circle \$29.99

The Magic Circle, or, more lovingly referred to by my students as the Circle of Death, the Pilates Circle is a classic piece of Pilates equipment invented by Joseph Pilates himself. Typically made from metal wrapped in rubber, the Magic Circle adds resistance to many Pilates exercises. The Magic Circle is very important for stabilizing the pelvis- especially the SI joint (Sacroiliac joint- your tailbone). Yes, you can use circle bands instead, however the Magic Circle is very helpful when developing a home Pilates program, and it's cheaper than a Reformer!

Feel the burn!!!

[Stamina AeroPilates Magic Circle | for Mat & Reformer Workouts](#)

Now that was fast! These 4 items are my highest priority, most important pieces of equipment because of their versatility.

5. Therabands

Used in Physical Therapy, the Theraband is essential for rehab. In Pilates we use the Theraband to mimic exercises we do on the specialized Pilates equipment. Yes it is optional, but if you have chronic aches and pains, the Theraband is essential for fixing ankles, knees, hips, and shoulders.

Theraband: ~~\$13.99~~

[TheraBand Resistance Bands Set, Professional Non-Latex Elastic Band For Upper & Lower Body Exercise, Strength Training without Weights, Physical Therapy, Lower Pilates, Rehab, Beginner & Advanced](#)

6. Yoga Block

Simple, easy to use, a Yoga block gives you a little assistance when it comes to some of those Yoga positions that can be a bit of a challenge if you have an actual skeletal system. I use it to stabilize my SI joint, I stand on it to help activate glutes, and yes- I use it for Yoga as well!

This set comes with a yoga strap for stretching....BONUS! ~~\$11.99~~

[Gaiam Essentials Yoga Block 2-Pack & Yoga Strap Set, Black](#)

7. Pilates Ball aka the Bender Ball

Not essential, but super cool, the Pilates Ball is great for Pilates and Barre workouts, which are easy to do at home! Another great tool for releasing tight hip flexors and activating the low core (pelvic floor).

Pilates/Yoga/Barre Ball aka the Bender Ball: ~~\$9.99~~

<https://www.amazon.com/Pilates-Stability-Exercise-Training-Resistant/dp/B083CQBJ12>

****Dumbbells, Kettlebells, and a TRX*** (non-essential but so cool!)*

Dumbbells and Kettlebells are super cool, the OG's of fitness equipment. However, they have a few negative attributes when creating a home gym. Expensive, heavy, take up a lot of space, and you can't travel with them- this is why dumbbells and kettlebells are last on the list and deemed non-essential. Why even include them? Well, at some point you will need them to get stronger. When I teach and work with 1 on 1 clients I tell everyone to grab a "light set (shoulder work and Pilates exercises), medium set (shoulders, triceps, and biceps) and a heavy set (legs, back and chest). What each person needs is individual to their fitness level, experience, plus we have to account for injuries... chronic (gradually started to hurt and now aches all the time) and acute (slipped and fell and now have sharp pain somewhere, but it's getting better). That's why we need a variety of weights...but also our needs change over time. When we first start doing resistance training we're actually creating neuromuscular pathways- the brain talking to the body. During the first few weeks of starting an exercise program we seem to get stronger "overnight". But that levels off after about 12 weeks. So the weights that felt "heavy" in the beginning don't feel that challenging anymore.

The next issue is that you need different weights for different exercises. Multi-joint large muscle group exercises (squats, rows, presses) need heavier weights to fatigue the muscle. Single-joint, small muscle group exercises (bicep curls, tricep extensions, shoulder work) need lighter weights. Plus when you're new to strength training the jump from 5 lbs to 10 lbs can be a bit much, so having multiple sets of dumbbells is ideal, however they take up a lot of space and aren't easily stowed away- and they're heavy!

Dumbbells: Water Bottles can be used as a Substitute!

These are my choices for weights when you're new to strength training:

***The dumbbells take us over our \$100 limit and are something that can be added in at a later time :)

- 3 lbs
- 5 lbs
- 8 lbs
- 10 lbs
- 12 lbs
- 15 lbs

Kettlebells:

How heavy? It depends...plus you need to know how to use them...otherwise they become really heavy door stops. For all my Cross fitters out there, you need a few Kettlebells if you're working out at home on a regular basis. Something to invest in!

My recommendation is to buy Dumbbells and Kettlebells **USED!** Or from a real store. Too expensive to ship! **Buy used!!!!** Look for sets at garage sales, on Facebook exchange, Craig's List (does that still exist?), Play it Again Sports- or from a friend who just cleaned out their garage :)

TRX:

My absolute all time favorite piece of equipment! You can do anything with the TRX. Invented by Navy Seals so that they could train while on deployment, the TRX is amazing for beginners as well as experienced fitness enthusiasts. There are many knock offs these days and I know quite a few people who made their own! The only reason why it's not number 1 on my list is because if you're new to fitness you really do need some coaching on how to use it correctly. Like the Kettle bells, something to invest in at some point- hopefully sooner than later!

TRX Suspension Training: *\$99.95*

[TRX Travel Suspension Trainer : Sports & Outdoors](#)