



Here are my recommendations for at-home equipment. I've also included a few "wish list" items if you do want to splurge and go all out for your home gym!

Interval Timer

Not necessarily gym equipment, but I don't know where I would be without an interval timer for a lot of my workouts. You can easily download a [timer app](#) for your smartphone. I've always used [GYMBOSS](#). Interval timers allow me to design all kinds of workouts when I just want to move for a certain amount of time instead of counting reps.



Employee Wellness Health Education Consultants Vanessa Roybal and Lauren Lewis.

Jump rope

Not just for kids! Skipping rope is one of the best ways to get your cardio sessions in at home. The jump rope also helps you improve your overall coordination and agility! There are fancier [speed ropes](#) on the market, but if you're a beginner, [this](#) will work fine.

Bands

If you're not ready to purchase weights like dumbbells, bands are a great way to start resistance training at home. Bands are portable and easy to store. Here are the types I recommend.

- [Resistance bands](#) with [door anchor](#)
- [Mini bands](#) for lateral walks and glute training
- [Hip circle](#) for more walks and glute training (more durable than the mini band)

Door pull up bar or Dip station

The pull up is a classic bodyweight movement much like the pushup. You feel so strong when you're able to rep out a bunch of pull ups. Having a [door pull up bar](#) is nice to have, but a [dip station](#) is also another option to help you work on your pulling strength along with your dips.

Weights

Ok, so you've dipped your toe in the world of at-home workouts and now it's time to get serious. I'm what you would call a weight collector. I've collected all kinds of weights over the years to add to my home gym.

You could just buy a **full set of dumbbells**, but I like to find deals and look for used equipment so I'm not spending too much. This takes time. Just think of it as a weight scavenger hunt! Your search can also include kettlebells, barbells and plates.

I would normally recommend looking at places like Craigslist for used equipment, but with COVID-19, proceed with caution and make sure you practice social distancing and proper sanitation of equipment if you go this route right now.

Really, if you're new to fitness, you can get by with just some **5-8lb dumbbells** and go up as you gain more strength.

Miscellaneous

These are just some extra items that I enjoy having available in my home gym, but not required if you're just starting to make a space for your at-home workouts.

- **Yoga mat (many probably already have this!)**
- **Foam roller**
- **Agility ladder and cones**
- **Stability ball**
- **Step or box**
- **Sandbags**
- **Medicine Balls**

Wish List

These are items to dream about one day getting if you're just starting to build your home gym. Add more to this list as you see items that you would love to have!

- **TRX Suspension Trainers**
- **Concept 2 rower**
- **Assault Airbike**

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