



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

Interval Timer

You can easily download a [timer app](#) for your smartphone. One great option is [GYMBOSS](#). Interval timers allow you to design all kinds of workouts when you just want to move for a certain amount of time instead of counting reps.



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

You could just buy a full set of dumbbells, but you can also find deals if you look for used equipment. This takes time. Just think of it as a weight scavenger hunt! Your search can also include kettlebells, barbells and plates.

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 you may enjoy having available in a 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**

