



# MY HOME GYM TOUR

Welcome to my home gym tour! Making your home gym a place you love is a great investment in your health! Most of the items here are the actual items that I own, or I found a comparable. Please don't hesitate to reach out if you have any questions!

## The essentials

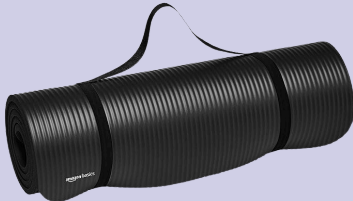
### Dumbbells

You just need to start with a few sets! For beginners, I recommend 5-8-10#, and then add to your collection as you get stronger! These are the best value out there.



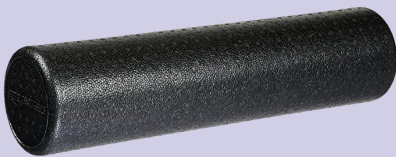
### Thick Mat

If you are on hardwood or hard rubber mats, recommend a thick mat for comfort for back-lying moves. If on carpet, still essential to keep your carpet clean.



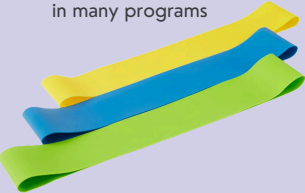
### Foam Roller

Essential for muscle recovery! I recommend a 24" or 36", any smaller really limits what you can do with it and there is so much you can do!



## Favorite accessories

**Loop Resistance Bands:** perfect for travel and used in many programs



**Power Loops:** resistance loops that stay in place on your thighs



**Core Ball:** often used with deep core strengthening and resistance programs

**Control Track:** acts like a cable machine in your home



**Strength slides w/ booties:** works on carpet or hardwood, curved to stay in place



## Level it up!

### Weight Rack

Keep your weights organized! This is a great rack, sturdy to hold all the bells!



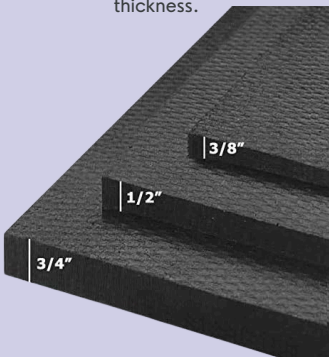
### BODi Bike

- Total fitness system for body and mind
  - Stationary bike by MYX Fitness
  - Sleek, interactive swivel touchscreen tablet (21.5")
  - In-workout data including heart rate, speed, cadence, and distance
  - Polar OH1 Heart Rate Monitor
  - Stabilizer Mat (2' x 4')
  - EVA Foam Roller (24")
  - 12-month warranty
- \*Required BODi membership separate



### Stall Mats

Horse stall mats are the way to go to level up your home gym space! We placed ours over our carpet and duct tape them together. Recommend 3/4" thickness.



### Adjustable Bench

I LOVE my bench! This bench is a high-quality option for lifters looking for a rock-solid, flat-incline-decline bench. Built-in leg rollers and an adjustable pin assure you're comfortable and secure in the decline position.



### Power Rack

Versatile and sturdy, customize it to include the accessories you want.



### Treadmill

Super convenient to get your walks/runs in when the weather is bad or you are solo parenting!



### Walking Pad

Get your steps in while you work or scroll on your phone! I like this walking pad because it's portable and durable.



Proud to be a REP Fitness affiliate!



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