

Build a Gym at Home Without Spending Money

With many gyms across the world closed for the foreseeable future, people who have never exercised at home are scrambling for the right equipment and tools to get an effective workout from their living room. Bodyweights workouts are a solid option but having some equipment (DIYed or otherwise) at your disposal can help mix things up and make workouts more challenging.

Heavy Container

With so many people suddenly finding themselves temporarily out of work, buying new fitness equipment may not be in the cards. Search in your home for these items to use in place of weights or items like laundry detergent bottles with handles, large water cooler jugs and large bags of pet food.



Suitcase & Backpack

If you're searching for a heavier weight to replace a barbell or kettlebell, try this. Grab a suitcase and fill it with as many books as you need to create enough weight for a challenging squat. You can do squats, lunges, glute bridges and side squats with your suitcase, holding it close to your chest.

A backpack filled with books, cans and other heavy items is also a great option. Wear it on your back for squats or hold it by the straps for deadlifts.



Stairs & Chairs

Don't underestimate the potential of furniture and staircases as workout equipment. Use a chair for push-ups and triceps dips and use stairs for cardio and step-ups and lunges variations.

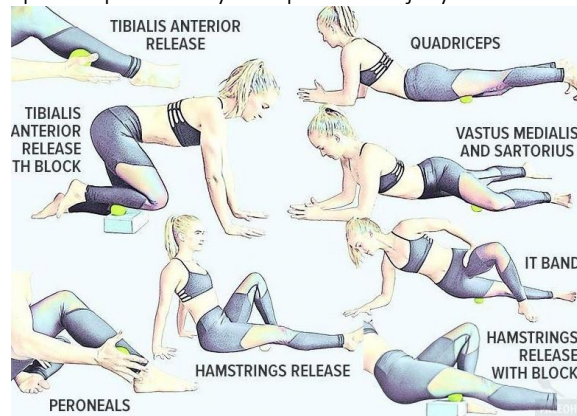


SET 2



Lacrosse & Tennis Ball

These can be used for self myofascial release, which is a fancy term for rolling your muscles, finding knots and working them out. Rolling tight areas helps speed up recovery and prevent injury.



A Deck of Cards

This can be used to create a bit of variety in your workouts. Each number or face signifies reps while the suit is an exercise.

Sample workout: For example, spades are push-ups, diamonds are squats, hearts are crunches, and clubs are lunges. Draw 10–20 cards from the deck and complete the designated movements, resting 30–60 seconds in between.



A towel

Gym towels are for more than mopping your sweaty, they make great workout tools too. You can tone your entire body, from arms to core, using just a towel. Using a towel is a really great way to build stabilizer muscles just like you would with floor slides or TRX.

