

The Best at Home Workout Equipment:

Here is a list of convenient at-home workout equipment that will get you sweating in a matter of minutes (even in your living room)! Links are attached at the bottom of each category along with ways you could use these pieces of equipment!

Bands

1. Amazon: \$13.99



2. Target: \$26.99



3. Walmart: \$9.99



How To Use:

- Squat walks (band above knees)
- Hip thrusts (band above knees)

1. https://www.amazon.com/TheraBand-Resistance-Professional-Exercise%20Physical/dp/B000LX4KRA?ref_=s9_apbd_omg_hd_bw_bElyd&pf_rd_r=ESHYMA5T7Q74H8S3DKD6&pf_rd_p=b13b0a87-5ab6-5995-9141-c87411aa1207&pf_rd_s=merchandise-search-10&pf_rd_t=BROWSE&pf_rd_i=3407931
2. <https://www.target.com/p/sklz-pro-bands-multiexercise-resistance-bands/-/A-76542619?preselect=53147837#lnk=sametab>
3. <https://www.walmart.com/ip/ProsourceFit-Loop-Resistance-Bands-Set-of-3-2-inch-Wide-for-Leg-Exercises-and-Physical-Therapy/50704401>

Medicine ball

4. Academy Sports: \$14.99



5. Target: \$12.99-\$24.99



How to Use:

- Russian Twists, squat to overhead press

4. https://www.academy.com/shop/pdp/bcg-10-lbs-fitness-ball?campid=7170000060361511&adgroupid=58700005478353581&device=c&keyword=92700049974284780&Channel=pla&gclid=CjwKCjwvOHZBRBoEiwA48i6ArIjQrSoRXdJ4eaG9aeyDjuUySHWtvBDGXYCb3Nm_YK6TBNaGO9WxoCIIAQAvD_BwE&gclsrc=aw.ds#repChildCatid=5416521
5. https://www.target.com/p/century-strive-medicine-ball-purple-6lb/-/A-52323855?ref=tgt_adv_XS000000&AFID=google_pla_df&fndsrc=tgtao&CPNG=PLA_Sports%2BShopping&adgroup=SC_Sports&LID=700000001170770pgs&network=g&device=c&location=9029758&ds_rl=1246978&ds_rl=1248099&ds_rl=1246978&gclid=CjwKCjwvOHZBRBoEiwA48i6ArQGgbg6KA8PauDBt_YJBJp_nki5mo8iUlbGSmlq9a5nFmCt8NsqqcxoCtj4QAvD_BwE&gclsrc=aw.ds

Single Kettlebell

6. Tone It Up: \$19.99



7. Rogue: \$24.00-\$51.00



How to Use:

-Kettlebell Swings

-Upright row (start by holding kettlebell down at arm's length, and pull up to chin)

6. https://my.toneitup.com/products/tone-it-up-kettlebell?variant=4883587649&gclid=CjwKCAjwvOHZBRBoEiwA48i6Asm2SZ4itwpQrap9yHgMAAcN2IzZl9eyrdWhgTR8ipzO9vvcnvDl1hoCDIcQAvD_BwE

7. https://www.roguefitness.com/rogue-kettlebells?prod_id=7165&gclid=CjwKCAjwvOHZBRBoEiwA48i6AojHstN2zFYU0Ygptk0KDMgOxUIEmak41S6D9bcBSTYcmOg8w1bTIRoCPf8QAvD_BwE

Set of Dumbbells

8. Amazon: \$17.49



9. Scheels: \$1.69-\$20.28 each
(varies based on weight)



How to Use:

-Bicep curls

-Tricep kickbacks

-Shoulder press

8. https://www.amazon.com/dp/B07EP323C1/ref=twister_B07NPX5K94?_encoding=UTF8&psc=1

9. https://www.scheels.com/p/vtx-vinyl-dumbbell/2919-VD-VYL.html#q=weights&lang=en_US&start=13

Ankle Weights

10. p.volve: \$14.99-16.99



11. Walmart: \$7.99-\$12.99



How to Use:

-Scissor kicks lying on back

-lateral leg lifts

10. https://www.pvolve.com/products/1-5lb-ankle-weights-peach?variant=8450828435513&gclid=CjwKCAjwvOHZBRBoEiwA48i6Aoc4XBqYtScaItVPAI5hP0cTPgZ96sBXM-cNaZVkf5DAR3WM4Nyw3RoCiCQQA_vD_BwE

11. <https://www.walmart.com/ip/XPRT-Fitness-Ankle-Wrist-Weights-For-Fitness-Walking-Jogging-Adjustable-Strap-2-lb-Pair-1-lb-Each/774628462?selected=true>

Jump Rope

12. GNC: \$6.99



13. Target: \$5.99



How to Use:

-Jump Rope

-Wrap around something stable and hold on for lunges or squats

12. https://www.gnc.com/fitness-equipment/563607.html?mrkgcl=1098&mrkgadid=3200889320&product_id=563607&flagtype=brand&vendor=none&channel=ppc&adpos=&creative=189757865758&device=c&matchtype=g&network=g&gclid=Ci0KcQIwpfHzBRCiARIsAHHzYzrsVmj4PJe5xae36BvdEKJGEIR8bNkiei9IUNcGO7rk7MT-IKErfQaArZdEALw_wcB&gclsrc=aw.ds

13. https://www.target.com/p/speed-rope-gray-all-in-motion-8482/-/A-77459812?ref=tgt_adv_XS000000&AFID=google&fndsrc=tmnv&DFA=71700000062959268&CPNG=PLA_DVM%2B0060H00000r45ixQAA-SG-Q1-AlwaysOn-Ext-Search-Feb-2020-Flight-AO&adgroup=PLA_AlwaysOn-Ext-Search&LID=700000001393753pgs&network=g&device=c&location=9029757&gclid=CjwKCAjwvOHZBRBoEiwA48i6AsPn7PzVpcIW9KRHVQ_IJZ5q2MJxLUe0RHMqIbc525t4dEy16cmBEB0CM6cQAvD_BwE&gclsrc=aw.ds

Yoga Mat

14. Walmart: \$10.99



15. Gaiam: \$16.98 (a personal favorite!)



How to Use:

-Stretching

-Yoga

-Squeeze between legs during crunches

14. <https://www.walmart.com/ip/Everyday-Essentials-All-Purpose-1-2-Inch-High-Density-Foam-Exercise-Yoga-Mat-Anti-Tear-with-Carrying-Strap-Black/454949323?selected=true>

15. https://www.amazon.com/Gaiam-Classic-Exercise-Exercises-Marrakesh/dp/B01MY5MZSQ?ref_=ast_sto_dp&th=1&psc=1

Resistance Bands (with handles)

16. Target: \$21.99



17. Tone It Up: \$13.50



How to

-Stand on resistance band and hold at both sides, lift into bicep curl

-Wrap around something sturdy and perform rows, pulling into the body

16. <https://www.target.com/p/spri-ignite-resistance-3-in-1-band-kit/-/A-76342092>

17. https://my.toneitup.com/products/tone-it-up-resistance-bands?variant=4883563905&gclid=CjwKCAjwvOHZBRBoEiwA48i6Ao5ECywpLhaRQEX5VfKpl-clkB7oPIUM2ItyQlANRo7aL4rOXkG3yxoCLYAQA vD_BwE

Use:

Ab Wheel

18. GNC: \$9.99



19. Target: \$14.99



How to Use:

-Start kneeling with ab wheel right in front of body, roll out as far as you can, squeeze abs to pull it back into body

18. [https://www.walmart.com/ip/Sunny-Health-Fitness-No-003-Ab-and-Core-Training-Exercise-Wheel/282436385?wmlspartner=wlpa&selectedSellerId=101001825&adid=22222222227261228945&wl0=&wl1=g&wl2=c&wl3=311163834921&wl4=aud-430887228898:pla-](https://www.walmart.com/ip/Sunny-Health-Fitness-No-003-Ab-and-Core-Training-Exercise-Wheel/282436385?wmlspartner=wlpa&selectedSellerId=101001825&adid=22222222227261228945&wl0=&wl1=g&wl2=c&wl3=311163834921&wl4=aud-430887228898:pla-563194583494&wl5=9029757&wl6=&wl7=&wl8=&wl9=pla&wl10=127487261&wl11=online&wl12=282436385&veh=sem&gclid=CjwKCAjw3-bzBRBhEiwAgnnLCs1harG05vbvXY7_6QvlwPNp0_0dElmo1FB0mk9FixVBARTS79gfJxoCpAYQAvD_BwE)

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19. [https://www.target.com/p/ab-wheel-gray-all-in-motion-8482/-/A-](https://www.target.com/p/ab-wheel-gray-all-in-motion-8482/-/A-77459838?ref=tgt_adv_XS000000&AFID=google_pla_df&fndsrc=tgtao&CPNG=PLA_Sports%2BShopping_Local&adgroup=SC_Sports_Local&LID=70000001170770pgs&network=g&device=c&location=9029757&ds_rl=1246978&ds_rl=1246978&ds_rl=1246978&gclid=CjwKCAjw3-bzBRBhEiwAgnnLCs1harG05vbvXY7_6QvlwPNp0_0dElmo1FB0mk9FixVBARTS79gfJxoCpAYQAvD_BwE&gclsrc=aw.ds)

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