

DEAR SANTA, I've been good this year ;)

My Xmas List



STABILITY BALL

\$ - Basic Collection - Cost \$20

Use as alternative to a workout bench (seated or laying), doubles as a chair for small spaces, many at home exercises can be performed with a stability ball for lower body and core



ADJUSTABLE DUMBBELL

\$\$ - Essential Collection - Cost \$100-\$250

Instead of having dozens of dumbbells adjust to the weight you need (5lb, 7.5lb, 10lb, 12.5lb etc.), operate with a dial is better for quick changes, look for 2.5lb increments on weight adjustments for most versatility

DUMBBELLS

\$ - Basic Collection - Cost \$10-\$25 each set

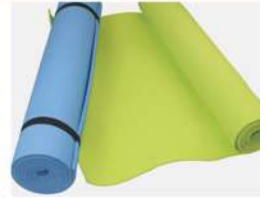
Choose 5lb/10lb/15lb for a Basic Collection, add 20lb for Essential Collection, add 25lb for Complete Collection, rubber ends and metal grip typically are better quality



EXERCISE MAT

\$ - Basic Collection - Cost \$25+

These are easy to find in many discount stores, but be aware that you get what you pay for as low quality mats will flake or tear when used with running shoes on



RESISTANCE BANDS

\$ - Basic & Essential Collection - Cost \$20-\$45

Select bands with handles, varying resistance weight from 3lb - 25lb, attachment to door provides alternative to cable exercises typically done in a gym



LARGE LOOP BANDS

\$\$ - Essential Collection - Cost \$15 each

Large loop bands from 20lb - 45lbs provide your home gym with the option to perform good alternatives exercises that typically use a barbell

MINI BANDS (LOOP)

\$ - Basic Collection - Cost \$20

Mini bands (aka 'loop bands') are fantastic for lower body and glute exercises at home!



BARBELL

\$\$\$ - Complete Collection - Cost \$50+

Barbells are a sign you're getting serious about your home gym. They are a classic piece of gym equipment for a reason and a staple for strength training. Option to choose 20lb/30lb straight bar or Olympic barbell with plates to add more weight.



WORKOUT BENCH

\$\$\$ - Complete Collection - Cost \$250

Choose an adjustable bench to give you more options in your strength training, use for lying exercises, seated exercises, angle moves and step-ups, wheels on one end are helpful in moving out of way when not in use



MEDICINE BALLS

\$\$ - Complete Collection - Cost \$40

A medicine ball between 10lb-20lb is a nice addition to a home gym to add dynamic strength into your workouts, add variety and breath of exercises at home

BOSU

\$\$\$ - Complete Collection - Cost \$150

Stability exercises for many parts of your body get an extra challenge and variety with a Bosu, search for 'Bosu' workouts for inspiration on exercises



DUAL CABLE MACHINE

\$\$\$ - Complete Collection - Cost \$1700+

This piece of equipment is the item that takes a home gym to an entirely different level, a dual (two) cable system with multiple handles (rope, wide bar, close grip handles, ankle straps etc.) & you replicate any gym machine exercise





SQUAT RACK

\$\$\$ - Complete Collection - Cost \$300+

As you lift more weight a squat rack becomes a necessity to avoid injury while continuing to build strength, squat racks vary in design from simple to significant, check reviews for safety and quality



STEP / PLATFORM

\$\$ - Complete Collection - Cost \$50

An aerobic step gives options for elevated exercises and variations on standard moves, alternative at home you could use your home stairs or other elevated surfaces instead of spending the money and space; however if neither are an issue a nice addition to your home gym

KETTLEBELLS

\$ - Complete Collection - Cost \$15+ each

Pick a kettlebell in the 10lb-15lb range as a little weight goes a long way, while kettlebells are somewhat inexpensive I put with the Complete Collection as their use can be limited and benefits easily substituted with dumbbells



HYPEREXTENSION BENCH

\$\$\$ - Complete Collection - Cost \$400

Great for low back and glute exercises, also called 45 degree bench, alternative at home is to use an exercise ball on top of a workout bench to give angle and leverage similar to this fitness equipment



Cardio At-Home

In order of recommended purchase priority...

1. **Outside (free)** – Get a good pair of running shoes and the great outdoors is all you need for a fantastic cardio workout at home. Jog, walk, cycle, hike and run. Download your favourite playlist. Try virtual ‘run coach’ sessions and have expert run coaches guide you with form, pacing, and motivation.
2. **Jump Rope (\$)** – For the cost of \$10, jump rope is a challenging cardio activity. Use it in between strength sets to add bursts of cardio, or search ‘jump rope workouts’ online for fun and workout variety.
3. **Virtual Classes (\$)** – On-demand, live and targeted. Take a cardio HIIT class, ab toning program, lower body strength class, dance cardio, cardio kickboxing, and so much more! All right in front of your phone, computer or streamed on your TV.
4. **Spin Bike (\$\$)** – When the weather is not great outside, or you’re looking for a targeted and challenging cardio workout a spin bike is a fantastic cardio option in your home gym. Choose a quality spin bike with a fly wheel. Try it with a virtual spin class streamed on your phone or iPad - you may wonder why you had a gym membership after you experience a world class spin workout right in your own home. Expect to pay \$700+ for a good spin bike purchased on sale.



5. **Treadmill (\$\$\$)** – A treadmill is one of the last pieces of fitness equipment I recommend you purchase since running and walking outside is an equally (or more) beneficial alternative. A good treadmill is pricey (upwards of \$2000+) and takes up a lot of space. That said, if you live in a geographic area where the weather isn’t always favorable to running outside or if you have specific training goals where pacing, sprints and hills are part of the regime, a treadmill is a nice add to a home gym.

THE BEST HOME GYM COLLECTIONS

For Your Budget

Like anything, you can spend a little or you can spend a lot. Spending wisely is the key for any budget. Fitness equipment has a well-earned reputation for fads and gimmicks, so be wary of exercise gismos that over promise and under deliver. The following three collections of fitness equipment have been compiled from decades of at-home sweat proof about what you actually need and get value from having as part of your home gym. You can start with *The Basics* and work up to over the years to *The Complete*. For many people, *The Essentials* is all you'll ever want or need for a gym collection.

Your home gym is an investment in many ways – an investment in your health, wellbeing, and yourself.

The Home Gym Collections



The Basic

\$
Under \$150



The Essential

\$\$
\$200 - \$999




The Complete

\$\$\$
\$1000+

The Collections

Collection 1 - The Basics

Cost \$ - Under \$150



SISTERS
#SHAPE

*What to
Get...*

\$
THE BASICS
Under \$150

- Dumbbells 5lb/10lb/15lb
- Resistance band with handles
- Mini Band ('loop band')
- Exercise Mat
- Exercise Ball

Perfect to get started and for small spaces, avoids fitness gimmicks and is all you need for an effective workout at home.

Collection 2 - The Essentials

Cost \$\$ - \$200 to \$999

What to Get...

- All 'Basic Collection' Equipment
- Dumbbells 20lb or Adjustable Dumbbells
- Multiple Resistance bands (with handles)
- Large loop resistance band
- Jump rope
- Stationary spin bike

\$\$
THE ESSENTIALS
\$200 - \$999



SISTERS
IN SHAPE

This is the Collection I most recommend to my personal training clients for at gym-level results at home. Everything you need for lifelong wellness with fun and variety.

Suitable for small spaces.

Collection 3 - The Complete

Cost \$\$\$ - \$1000+

- All equipment in 'Basic' & 'Essential' Collections
- Barbells: 20lb/30lb/Olympic + plates
- Dumbbells 25lb
- Workout bench
- Dual cable pulley machine
- Squat rack
- Stepper
- Kettlebells 10lb/15lb
- Bosu
- Medicine ball 10lb/20lb
- Treadmill
- Hyperextension bench

\$\$\$

**THE
COMPLETE**

\$1000+

*What to
get...*



This is the Collection home gym dreams are made of. A full gym in your home. Cost for everything on this list is \$6500+. Don't be intimidated by the price tag, if you love wellness and are committed to investing in yourself then add key pieces over a long period of time instead of spending money on gym memberships or wasteful purchases.