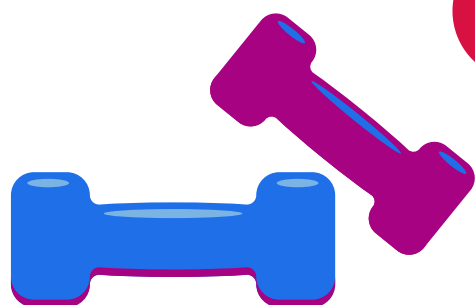


STARTING YOUR HOME GYM

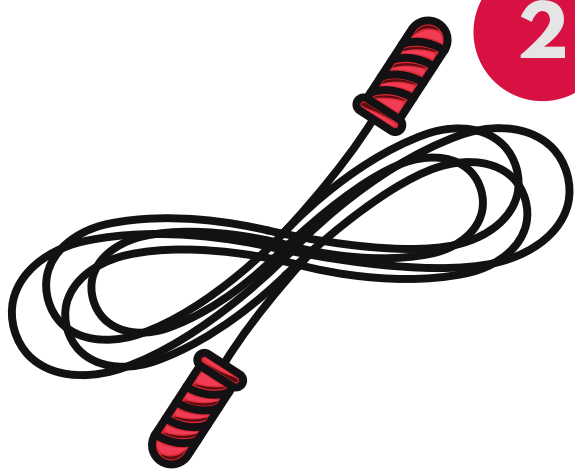
Without Breaking the Bank



1 DUMB BELLS

Start with 1 or more sets of vinyl dumb bells 3 pounds to 15 pounds.

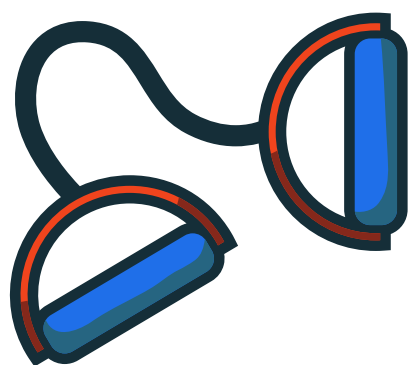
\$10 - \$75



2 JUMP ROPE

Spice up your cardiovascular workout with the help of a jump rope.

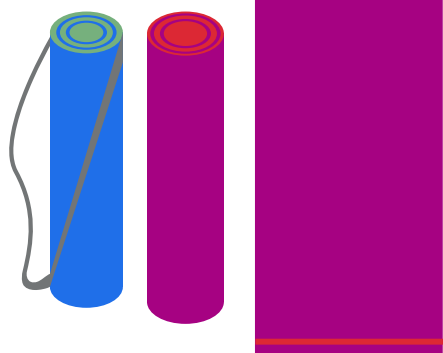
\$5 - \$10



3 RESISTANCE BANDS

Invest in a set of resistance bands for fitness at home and while traveling.

\$8- \$20



4 A YOGA MAT

Buy a yoga or fitness mat for added comfort when working out and stretching.

\$8 -\$10

Prices are estimates.

You can work out at home or on the road with absolutely no equipment. Add some pop, color & variety to your home workout space with these optional starter pieces.

Try these retailers for reasonable prices & quality:

Walmart.com

Amazon.com

TJ Maxx

Modells.com

Marshalls.

5 Below

Selection & pricing vary. So shop around, preferably online.

Get a custom workout to go with your new home gym.



BeautifulFitFree.com

by Lori Dee