

Title:

8 Cheap Home Gym Essentials

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546

Summary:

Here are the 8 things you need to build a cheap home gym. Create a home fitness gym that gets

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Article Body:

You can put together a cheap home gym that gets the job done if you buy the essentials. As long

The following are my 8 home gym must-haves:

1) Dumbbells

Dumbbells are essential for the home fitness gym, necessary for presses, arm exercises and even  
Handles are plate loaded. This requires you to slide the weight plate on yourself and then fas

2) Barbells

You need a good barbell, and, like dumbbells, they come in standard and Olympic. Again, defini  
A standard barbell set includes a 20 pound bar, 2 dumbbell handles (with collars) and 85 pound

3) Bench

In a truly cheap home gym, you can use any old bench for presses and one-arm rows. Make sure t

4) Chin Up Bar

A chin up bar can be constructed out of any material that will support your weight. You can fi

5) Swiss Ball

Although I think that these are somewhat overused, they can add a little variety to your home

6) Jump Rope

Jump rope for cardio: \$5. Simple.

7) Stairs

If you have a few stairs in your house, you can add a couple outstanding exercises. These incl

8) Yard

If you have a backyard, you can always do basketball style conditioning drills, such as sprint

Now that you've built it, don't forget to use it.

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