

By: Betsy Stevens NCCPT

# The **Ultimate** At-Home Workout Checklist



**Change your body.  
Change your life.™**

## **3 GA LOCATIONS TO SERVE YOU**

- 8741 Hospital Dr, Douglasville, GA  
770-949-7507
- 4600 Legend Pl, Douglasville, GA  
770-949-1116
- 2840 E W. Connector #200, Austell, GA  
770-432-8688

**Congratulations!**  
**You've been pro-**  
**vided the tools you**  
**need to get your**  
**home workout**  
**started! Now, go**  
**out and pick them**  
**up so you can start**  
**getting your *FIT* on!**

### ☐ **Yoga Mat**

Yoga mats aren't just for Yoga gurus. Use them at home to create a soft surface that won't hurt your back, butt, hands or feet. You'll be glad!

### ☐ **Stability Ball**

The stability ball is a **MUST** have if you are working out at home. The stability ball is used for core strengthening, balance work and other body weight exercises. It assists in helping you work all the muscle groups in your body in one way or another.

### ☐ **Hand Weights (dumbbells)**

No need to get crazy with a lot of weight. The best type of hand weights have a good grip in the middle so that they don't slip from your hands. As for weight? A variation is normally best and 3-10 pounds is what I suggest because not every exercise you do will require the the same weight. Some moves you do may use muscles that are stronger than others.

### ☐ **Resistance Band**

A resistance band is a great multi-purpose piece of equipment. The resistance band does just what the name says: provides resistance. These bands come in many different tensions. For those just starting off, look for a light-medium resistance band. If it gradually becomes too light for you, then the band can just be shortened for added resistance.

### ☐ **Water Bottle**

Yes., a water bottle makes the list. Staying hydrated during your workouts is **INCREDIBLY** important. By keeping your body hydrated, you are keeping your brain functioning at its best and helping the muscles in your body not tighten up from all the use. You will also be sweating and need to replenish that water!

### ☐ **A Timer or Clock**

These are a **MUST** when it comes to doing workouts that are measured by lengths of time instead of counting repetitions. Using an interval timer is great because you can program it to tell you to "go" for a certain length of time and then also have it programmed to let you know how long you can rest. Using a watch or a clock is just as good. The only downfall is having to accept the agony of knowing how much longer you have to be doing that exercise by counting down the seconds/minutes!