

# Setting Up Your Home Gym

## The basic equipment guide

Setting up a basic gym at home doesn't need to be expensive or complex. Most exercises and drills can be done with a few pieces of equipment that can be purchased without spending a lot of money. Here are a few ideas for equipment that you can easily get and use, in your home.

*All of the equipment listed can be purchased at a fitness or sports store and online website, which sell fitness equipment.*

**Gym mat:** You want to be comfortable while doing floor-based exercises. A yoga mat is great, as it provides the comfort and rolls up for easy storage.



**Rubber Medicine balls:** Med-ball can be used in a variety of ways and come in a variety of sizes. Depending on your ability and strength a 2kg up to a 5kg ball should be enough for most exercises.



**Mini bands:** A very versatile piece of equipment that takes up minimal space and weighs next to nothing. Mini bands can be incorporated into a variety of exercises and drills, particularly for improving the hip muscles' matrix.



**Power bands:** Similar to the mini bands, but longer. These are great for resistance-based exercises and like the mini bands, are easy to store and transport.



**Set of spin lock Dumb-bells, Barbell and of weight plates:** You can buy these as a pre-packaged set. Generally, there is enough weight here for the majority of athletic development exercises and using spin lock weights saves on storage space.



**Gym step / box:** A sturdy gym step / box is necessary for effective lower body strength exercises such as, step-ups and single leg box squats



**Fit ball:** Sometimes called a Swiss ball, it is commonly used for core stability and abdominal exercises. My advice is to get a good quality Fit-ball, that is anti-burst and holds its shape under load.



**Suspension trainer:** Can be used to add a level of challenge or assist in performing an exercise.



*One other item I suggest, is a mirror for checking form when performing the exercises.* It's not necessary to get all these pieces of equipment right away. For younger skaters, a gym mat, 2-4kg med balls, power bands and mini bands will cover most of the exercises for developing a solid foundation. As skills and strength increase more challenging exercise can be introduced.

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