



FOR BIG SPACES

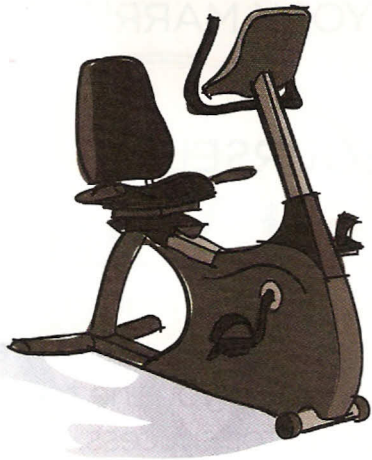
Outfitting a larger home gym can be costly on the front end (more than \$2,000), but if you have room and cash to spare, you'll save money over time. (Bye-bye, monthly dues.)

RECUMBENT BIKE

Or treadmill. Or any other piece of cardio equipment you like to use. (Compliance is half the battle!) Head to a specialty fitness store, like Gym Source, where you can pick your perfect model—important, since you'll be spending a chunk of change. (Gym-quality treadmills start at about \$2,500.)

Whichever piece you choose, be sure it has a sturdy steel frame and can be adjusted (seat height, incline, and so on) to maximize comfort.

Extras, like a heart-rate display, are nice but not necessary.

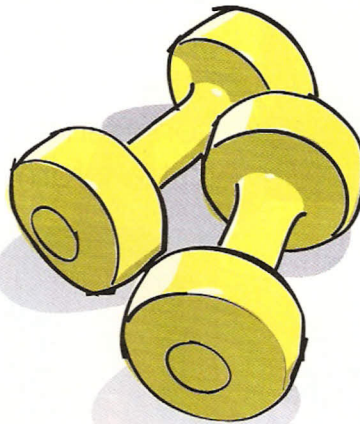


WEIGHT BENCH

To get even more mileage out of your dumbbells, invest in an adjustable weight bench (about \$125). "By lying on the bench to do exercises like chest presses and flies, you'll have a greater range of motion and get a better workout than you could lying on the floor," says Amber O'Neal, a personal trainer in Atlanta. Desirable add-on features include a rack below to store weights, a barbell, and a leg-curl attachment.

SET OF DUMBBELLS

"Dumbbells give your workouts variety," says Rachel Cosgrove, author of *The Female Body Breakthrough* (Rodale, \$22). And they can challenge muscles more than gym machines do because you have to stabilize yourself to lift them. Start with a basic range—say, a set of 5-, 8-, 10-, and 15-pound dumbbells (sets cost about \$5 per pound). Increase the weight as you get stronger.



STABILITY BALL

For improving balance, flexibility, and strength while working multiple muscle groups, this blow-up wonder (about \$25) can't be beat. "Your core is engaged with every exercise you do on it," says O'Neal, including crunches, biceps curls, and incline push-ups. A 65-centimeter ball is right for most people; go with 55 if you're short, 75 if you're very tall.

motivation mantras

When your home gym is fully stocked but you *still* need a little kick, adopt a trick from fitness pros: Find and repeat a phrase that renews your resolve. Experts share their words of workout wisdom here.

"You're one workout away from a good mood."

—Valerie Waters, a personal trainer in Los Angeles

"There's nothing to it but to do it."

—Rachel Cosgrove, a personal trainer and the owner of Results Fitness, in Santa Clarita, California

"Every calorie burned lets you enjoy that glass of red wine even more."

—Kathy Kaehler, a personal trainer and a food coach in Los Angeles

"Working out is my morning cup of coffee."

—Brooke Marrone, a personal trainer in New York City

"Every little bit counts."

—Amber O'Neal, a personal trainer and the owner of Café Physique, in Atlanta