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FOR ANY BUDGET
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HEALTH

HOW-TO

HOME FITNESS FOR ANY BUDGET

BY MICHELLE MOORE | PHOTOGRAPHY BY SCOTT CUNNINGHAM



Tools of the trade: Home gym accoutrements.

Whether you've got \$50, \$25,000 or any amount in between, there are fitness options to create a home gym to chisel you down to the sexy, shapely you that was trapped inside the person wearing your name badge at the last class reunion.

Before jumping in, know that you'll need motivation and space in your place. No matter how much money you invest in equipment, using your elliptical machine as a clothes hanger won't raise your buns.

IDEAS FOR \$50

Space requirement: 6' x 6' space for performing exercise. This equipment will store easily in a closet or under a bed.

- 01. Audio trainers.** Becky's Fitness Company offers audio workouts downloadable into your MP3 player (\$7.99 to \$11.99). Each personal trainer audio file comes with an exercise list and video showing proper form. Add handheld weights and a yoga mat. www.beckysfitnesscompany.com.
- 02. Jillian Michaels: 30 Day Shred DVD.** You'll curse her name but your body will look great naked (\$10). You'll need five, eight and 10-pound handheld weights (\$30) and a yoga mat (\$10). www.amazon.com.
- 03. GoFit Kettlebells.** It's a hot new training tool promising an intense workout in half the time with twice the results. Celebrities including Lance Armstrong, Penelope Cruz, Jessica Biel and Matthew McConaughey use kettlebells to put muscle in their routines. GoFit includes an instructional DVD (prices start at \$29.99). www.gofit.net.

These workouts provide great cardio and use either light weights or your body weight to sculpt a toned, lean body. Done consistently, you will get stellar results.

IDEAS FOR \$100

Space requirement: 6' x 6' for performing exercise.

- 01. Five Factor workout.** Trainer Harley Pasternak developed this workout and is credited with whipping Halle Berry into shape for *Catwoman*. Enough said. You'll need the *Five Factor Fitness* book (\$5.98 on Amazon.com), 10 and 15-pound handheld weights, a weight bench (\$69.99 at Dick's Sporting Goods) and a yoga mat.
- 02. Rebounding workout.** The urban rebounder, created by practicing martial artist J.B. Berns, offers a nonstop abdominal workout to melt fat and inches, strengthen your core and improve balance and coordination. It's a total body workout named one of the Top 100 products of 2008 by Consumer Reports (\$89.95). www.urbanrebounding.com.
- 03. Physique 57™ workout.** Physique 57 offers three DVDs: a 57-minute (KILLER) full-body workout, a 30-minute express version and a 30-minute arm and ab booster (\$49.95). You'll need a playground ball (\$2.99), handheld weights (\$30), a yoga mat (\$9.95) and a chair. www.physique57.com.

These workouts reshape your body—they'll taper your back, raise your buns and add shape to your hamstrings and quads in about six weeks.