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21 THINGS TO ADD TO YOUR HOME GYM IN 2015

You probably have a few training products at home. Here are 21 more for reaching any fitness goal.



BY **MARK BARROSO**

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 GoFit Premium Fitness Mat with... \$33.15	 Quest® 12 Ft. X 12 Ft. Recreational... \$105.99	 12'x10' Screen House Tent. Great... \$209.16
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GoFit Extreme Massage Roller

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GoFit's latest roller offers a patent-pending design for relieving pain in trigger points (muscle knots) and loosening up stiff muscles. Foam rolling has also been proven to increase hip range of motion and provide **recovery from delayed onset muscle soreness.**

\$39.99, gofit.net (training manual included)

[12 Best Tools to Recover From Any Workout >>>](#)

