

REASONS TO WORKOUT AT HOME



You'll Save Money

Depending on how much equipment you'll need, working out at home should be a big money saver over the long haul. Many gyms not only require a monthly membership fee, but they also have additional costs for things such as group classes and personal training.

Time Saver

You will also save time driving to and from the gym, checking in, changing in the locker room, waiting for equipment, etc. All of that often adds up to more time than your actual workout! You can literally roll out of bed and workout and have plenty of time for a good post-workout meal before you start your day.

No Crowds

Crowds in the gym, but you'll often have to deal with them in the parking lot and in the locker room.

Remember, gyms want (and need) to sell memberships, so if you're not willing to deal with the potential crowds that can come along with your gym visits, then a home gym may be a much better fit for you.

Focus on Your Workout

Finding a spot in the gym to zone out and focus shouldn't be harder than the workout itself.

At home, no one should disturb you so you should be able to better focus on your workout routine and benefit from a more productive workout.

Wear What You Want

Fitness should be more important than looks, but the days that you don't want to see anyone shouldn't keep you from working out! At home, no one is going to care that you're wearing last night's dress and some dirty dress to work out. Working out at home allows you to wear whatever you want without being judged, stared at, or ridiculed.

Less Germs

Gym only to find the previous user left you a nice puddle of sweat. Commercial gyms are filled with germs, from the cardio equipment to the benches to the weights. At home, you at least know who has used the equipment and can control how clean you keep it.