4 Ways to Use a Small Workout Space

When you’re in a small living space floor space is a real luxury. This is especially true when you live in metropolitan areas. For most, affording a one bedroom apartment on your own is already a stretch in your budget. Having a fully furnished home gym is impossibility.

Thankfully it is possible to get the workout you need even when you are in a tight living. A little research and creativity can make it happen and you’ll get a workout worthy of a gym if done right.

With the tips, trick and sample exercises below, you do will be able to get the exercise you need right in your own home even with a small workout area.

**Use a Jump Rope**

It is easy to forget how effective jump ropes are in providing cardio workout. Many think of it as something they did when they were children. The reality is that jumping rope is effective and will give you a workout. Plus this simple and affordable piece of equipment can not only store in a small space, but you’ll also be able to work out with it.

If you’re running into the problem of still not having enough room for jumping rope you can try ghost jumping – that is mimicking jump rope without the actual rope. This takes up even less space to exercise and store than an actual jump rope.

**Foldable Stationary Bikes**

Stationary bikes are not usually something you’d think of when trying to conserve space in your home. They are bulky and there is no room for it in such a tiny space. But nowadays they have foldable options you can choose from.

So if you have the budget to spend you can get a foldable stationary bike that will give you a great workout routine. And then after a rigorous workout, you can easily fold it up for easy storage.

**Using Free Weights and Kettlebells**

Free weights and kettlebells allow you to intensify any given workout. You are no longer required to extend your movements to get the results that you want with these.

If you have a tight workout space, moving with these weights and kettlebells should not be a problem.

Plus with kettlebells you’ll get a full body workout. So find a workout that involves all aspects of your body and it will be well worth it.

**Try Yoga or Barre**

Yoga or Barre is a good idea for small areas since your workout is confined to a mat. You would be able to get the physical activity your body needs without occupying more than the size of a doormat.

If you’re not sure how to do these you can also get a DVD and follow along through the video. There are quite a few, so you’ll have options of instructors to choose from.

There are quite a few exercises that you are able to do in small spaces – from working out via video to cycling your way to a fitter you. You need to figure out which one you’d like to start doing and get everything that you need.