4 Small, But Powerful Pieces of Exercise Equipment

Hello [[firstname]],

Working out at home, as you know from the blog, is really helpful. However, there is a misconception that exercise equipment must be large and powerful to work. It needs to be able to withstand and manage several exercise forms. The truth is, there are some very small but powerful pieces of exercise equipment that get the same job done that the larger pieces of equipment are known to handle. If you are looking for smaller equipment to handle your at home workouts, here are a few pieces to consider along with how they can benefit you.

**Kettlebell**

A kettlebell may not sound like a powerful piece of equipment, but it can be used in multiple ways. Yes, you can use it for arm workouts. If you know the right workouts and exercises, however, you can expand the use of the kettlebell from arms to a full body workout and cardio workout. That means that if all you have is the living room space or bedroom space, a kettlebell of the appropriate weight for your workout needs, and a yoga mat then you are all set. It is a versatile piece of equipment that takes up less room than a houseplant while still packing a full body punch.

**Adjustable Dumbbells**

Sometimes your workouts may require more than just one weight. You may need a certain weight for your arms, your legs, your core workouts, and so on. This means one kettlebell is just not going to cut it. Before you go out and get a huge weight bench with all the weights, consider something smaller that is just as powerful. Get a set of adjustable dumbbells. They take up the same amount of room as two kettlebells and don't require any further equipment purchases.

**Pull Up Doorway Bar**

If you have strong doorways and overhangs, then you may want to consider getting a pull up doorway bar. This pull up bar hooks over any doorway you choose. It allows you to do upper body workouts, pull-ups, and other arm related and upper body related workouts. If you don't want to leave the doorway bar there, you can take it down and store it behind a door. It takes up a very small amount of room, but gives you the same powerful upper body workouts that workout bars at the gym offer. Keep in mind, you do need to make sure your doorway can handle the weight before you use this

**Mini Cycle with Resistance Bands**

You may be looking for an indoor cycle or elliptical but the cost and the size put you off every time. Instead, consider a mini cycle with resistance bands. This piece of equipment can fit under your desk or in a small corner of a room. It allows you to sit or stand and do your cycling. If you stand you can use the resistance bands to work your arms, and the upright posture of the cycle makes you work your core. This means it can be a full body workout for you in a small device.

These are only a few of the small but powerful pieces of exercise equipment you can consider for your at home gym. Remember, many of the equipment options are multi-taskers and can do more than just the original job. Keep that in mind when you start your purchases.

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