

Gear Needed for Working Out in Your Home/Office

By Dr. Karin Lubin



Why Strength Training?

Strength training is one of the most effective ways to build muscle, improve bone density, boost metabolism, and enhance your overall quality of life. It helps you move better, feel stronger, and tackle daily activities with confidence—all while supporting long-term health and vitality.

Whether you're just starting out or looking to regain momentum, my classes make it easy and accessible to integrate strength training into your life, right from the comfort of your home.



Getting Started with Ease

Starting online at home is not only convenient but also incredibly efficient. All you need is an iPad, laptop, or a way to project the class video so you can easily follow along with each session. And having the right equipment makes this journey so much more fun! To help you get started, I've provided a recommended gear list below with links to items that fit your needs and make each workout more enjoyable.



Class Options to Fit Your Goals

Gentle Intro to Strength Movement: A pre-recorded class designed to ease you into strength training at your own pace.

Beginner to Intermediate Exercise for Health: A live online class that includes recordings, so you can join in real-time or at your convenience. This class is perfect for building strength and improving overall fitness while being part of a supportive community.

*Ready to take the next step in your fitness journey?
Let's get started!* 

Pro Tips for Your Gear

- **Start Small:** Begin with the basics (yoga mat, dumbbells, and resistance bands) and expand as you grow more comfortable.
- **Storage:** Use a bin or designated space to keep your equipment organized and accessible.
- **Budget-Friendly Alternatives:** Sliders can be substituted with paper plates on carpet or microfiber cloths on hard floors.

1) A Yoga Mat

Comfortable and non-slip yoga mats are great for floor exercises and stretching.



Hatha Yoga Mat



Pido Yoga Mat

2) Dumbbells – Light and Heavy

A set of dumbbells is essential for a wide range of strength-building exercises.



Dumbbell Set (3, 5, 8 lbs)



Dumbbell Set (5, 10, 15 lbs)

3) Resistance Bands for Wednesdays

These versatile bands are great for strength, stability, and toning.



Exercise Resistance Band



Resistance Bands Set with handles



Resistance Bands

4) Fabric Resistance Bands

Durable fabric bands for glute, leg, and hip exercises.



Fabric Resistance Bands



Wodskai Bands Set



5) Sliders

Perfect for core-strengthening exercises like lunges and mountain climbers.



Sliders

6) Ankle Weights

Add intensity to leg exercises with these weights.



Ankle Weights



Wrist and Ankle Weights

7) Gloves (Optional)

Protect your hands during weightlifting or resistance exercises.



Exercise Gloves

8) Cork Squat Wedges

Elevate the heels and support the knees for squats.



Cork Wedges

Please email me to receive FREE access to try the live class for two weeks. You can also try a prerecorded session from the [Intro to Strength Movement](#) class. If it's not the right fit for you, I'll happily refund your money—no questions asked!



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