

## The ten best workouts at home. Home fitness simplified

July 3, 9:15 AM



### 1) Running on a treadmill

We all know running burns the most calories and will help you lose the weight the fastest. The easiest way to accomplish this is to [purchase a treadmill](#) for your home.

### 2) Cybex ARC trainer

The [Cybex ARC trainer](#) takes training to another level with keeping stress levels low and calorie burn high.

### 3) Kettle bell training

The use of all your major muscle groups rhythmically will burn more calories and get your heart rate higher than you can even imagine.

### 4) P90X

It's hard to get excited about a DVD set of workouts, but this program takes functional training to the next level. With that it takes your physique to new heights.

### 5) Strength training with power blocks

This is a simple, yet effective, way to workout in your home. Power blocks are space conscious, budget friendly options to your home fitness routine.

### 6) Step aerobics on the fitness channel

What's better than following Gilad doing a workout on the shores of Hawaii or California? It's an escape from reality while burning the calories desired.

### 7) Spin bike

Having a [spin bike](#) is great for completing a high intense, low stress workout that will keep your heart rate high and test your endurance each minute.

### 8) Yoga

Not the easiest workout to do, but a very effective method for flexibility, strength and endurance. Yoga is great for a wide range of results.

### 9) Pilates

Pilates encourages you to think about how you perform everyday movements and helps you with the strength, endurance and flexibility to prevent injury.



### 10) Power Plate

The [Power plate](#) is a wonderful invention that has taken the fitness industry by storm. It provides you with strength, flexibility and massage all in a small and effective footprint.

For more info: follow me on twitter at [www.twitter.com/tj\\_hunter](http://www.twitter.com/tj_hunter) and email me at my now fully active Gmail account, [tjhunter.fitness@gmail.com](mailto:tjhunter.fitness@gmail.com). Have a wonderful and safe Fourth of July!!!



**TJ Hunter**

[GO TO TJ'S HOME PAGE](#)

[Tampa Home Fitness Examiner](#)

