7 key pieces to enhance at-home workouts

Whether you're just starting out or gearing up to expand your workouts, these seven pieces of equipment will help you get stronger and more flexible.

1. **Yoga mat** –This is a must-have for low-impact exercises such as yoga and Pilates, as well as providing traction for mountain climbers and push-ups.
2. **Resistance bands** – Available in a range of resistance levels, bands take up very little space and are effective in isolating muscles for efficient workouts.
3. **Dumbbells** – Grab a few different-sized weights to help focus on key areas of your body. Dumbbells are used for arm-, leg-, and even core-strengthening exercises.
4. **Jump rope** – Jumping rope is an excellent cardiovascular workout that burns fat and calories quickly. Three 10-minute rounds of jump rope can cook off 480 calories in half an hour.
5. **Kettlebell** – Whether you're doing dead lifts or slow, steady swings, a kettlebell allows for a wide range of strength moves.
6. **Exercise ball** – Large, vinyl inflated balls are great for strengthening, stretching, and improving core stability and balance.
7. **Foam roller** – For warming up your muscles and cooling down, a foam roller helps alleviate soreness and expand your range of motion; it also helps promote relaxation and eliminate tension.

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