

The 9 Best Home Fitness Equipment Pieces to Buy in 2018

Setting up a home gym doesn't have to be a daunting task when you consider all you need is basic strength training equipment.



- ☐ Dumbbells
- ☐ Exercise Ball
- ☐ A Step
- ☐ Adjustable Weight Bench
- ☐ Resistance Bands and Tubes
- ☐ Weight Lifting Gloves
- ☐ Exercise Mat
- ☐ Gliding Discs
- ☐ Adjustable Ankle Weights, 5-lb. Pair