

# **NO GYM, NO PROBLEM**

## **A simple, affordable lockdown solution**



**The gyms are closed down again. If you're a regular gym goer, you're probably already planning how you're going to make up for all of your lost progress while the gyms stay closed.**

**And that's a sad reality that one should never have to face. We'd like to show you how to set up your home with a few simple, versatile, affordable and portable pieces of equipment to help you carry on with your progress while you wait for your gym routine to resume.**



**Everything on this list together can be bought for less than 3.000.000 VND. To compare, that's less than what you'd pay for two months for the average commercial gym in Vietnam.**

**They are also portable, meaning you can work out from the comfort of your own home, or enjoy fresh air and social interaction while training in a park.**

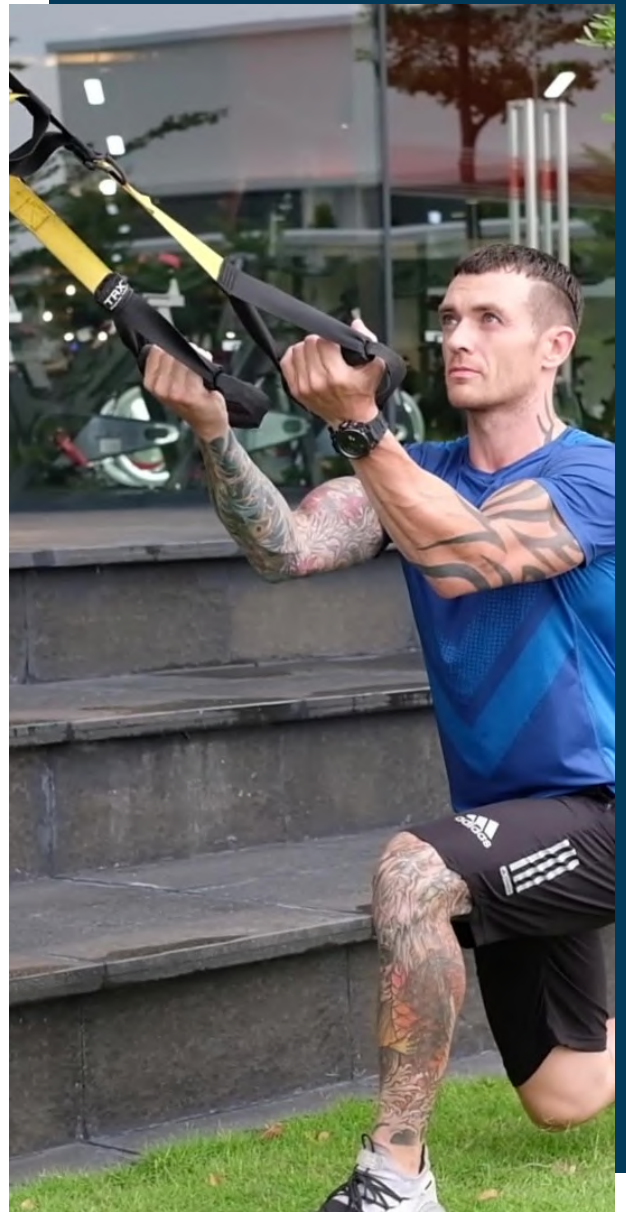
**Listed below are all of the equipment you need to get a great start, how and why you should use them, and how much to expect to spend on each.**

# SUSPENSION TRAINER

**Average price 1.500.000 VND**

**A very affordable, highly portable, extremely effective piece of equipment. You will never want to go on vacation or a work trip without this handy tool. Hang it up in your doorframe or tie it around a high bar and get ready for a killer workout!**

- 1. Fantastic back and biceps training. One of the hardest parts about training at home is not having anything to train your back, rear shoulders and biceps. The suspension trainer allows you to do a full body workout, but also allows for the pulling movements that are lacking in most bodyweight routines**
- 2. Great for corrective exercise. Suspension trainers are really excellent at activating a lot of stabilizing muscles that help relieve pain that common office workers experience.**
- 3. Suspension trainers are excellent for posture. In order to perform the workouts, your posture must be perfect. And perfect posture leads us to**
- 4... an outrageous amount of core strength and stability. Your core muscles need to be constantly engaged throughout every movement, giving you a killer burn.**



## RECOMMENDED WORKOUT

- 1. Suspended row**
- 2. Suspended biceps curl**
- 3. Floating Lunge**

# RESISTANCE BANDS

**Average price**

**100.000 vnd (3 pack mini band)**

**150.000 vnd (1 large resistance band)**

The resistance band is the most affordable piece of equipment on this list, but its effectiveness should never be underestimated. They often come in packs with varying weights to allow for a very wide range of options. Here are some of the benefits of the resistance band

1.They're great at teaching beginners how to activate their muscles. Because of the way that resistance is applied through the rubber band, the muscle must go through its full range of motion, activating it to its full potential.

2. Low chance of injury. Resistance bands don't apply very much force on the joints, allowing you to train without risk of hurting yourself.

3. Great for stretching and mobility. The resistance band is a great tool to help you stretch, and is commonly used by physiotherapists for stretching

4. A very effective way to activate glutes. Mini resistance bands worn above the knees are a really awesome way to get a great burn in the glute muscles.



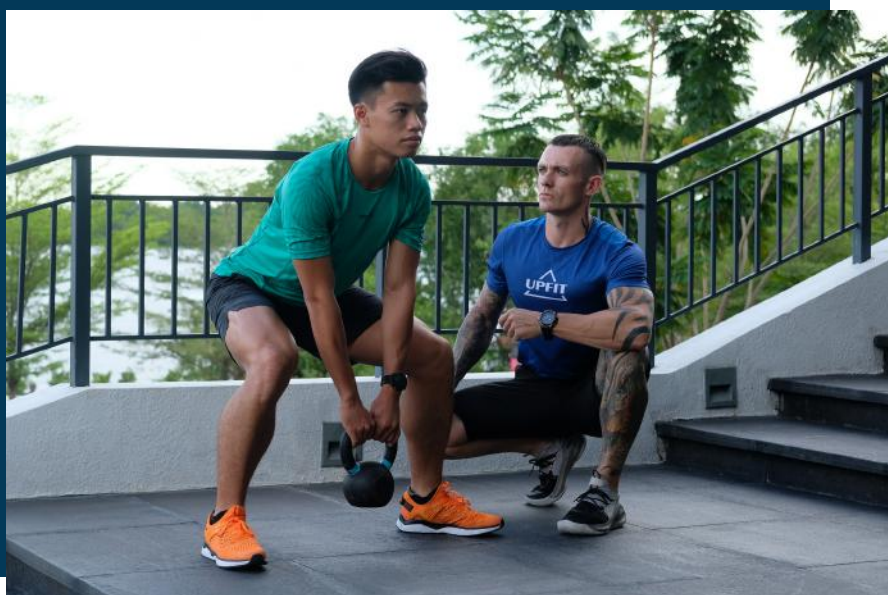
**RECOMMENDED WORKOUT**  
**Resistance band thrusters**  
**Push up**  
**Shoulder range of motion**

# KETTLEBELL

**Average price: 50.000 VND / 1 KG**

**Strength training is 100% necessary for any fitness program. And while bodyweight is great for strength training, there will almost always be a point that you need to add some weight to your routine. And the kettlebell is one of the most versatile weights available. Here is why you should consider picking up a kettlebell instead of a dumbbell rack**

- 1. Kettlebell movements use large muscle groups. The more muscles you use to perform a movement, the more calories you burn and the more total body strength you can develop. You'll be strengthening and building muscles that you didn't even know you have.**
- 2. Kettlebell can be used for all of the traditional lifts. Squats, overhead presses, deadlifts and even bench press can be performed with a kettlebell, making this a total home gym.**
- 3. Excellent cardio workout for people who hate cardio. Kettlebell movements tend to incorporate fast, explosive movements that really get the heart pumping. No running shoes required!**
- 4. Training with a kettlebell builds core strength. Controlling the movement of the weight is going to require you to use a great deal of core control.**
- 5. Great for coordination. Kettlebell movements will have you swinging the weights up, down, side to side and every way in between. Learning how to move the kettlebell properly is a great way to create a mind-body connection**



# YOGA MAT

**Average price: 500.000 vnd**

**Of course, performing your workouts on a yoga mat is a great way to keep your space tidy if you're inside, or to keep yourself clean if you're training outside.**

