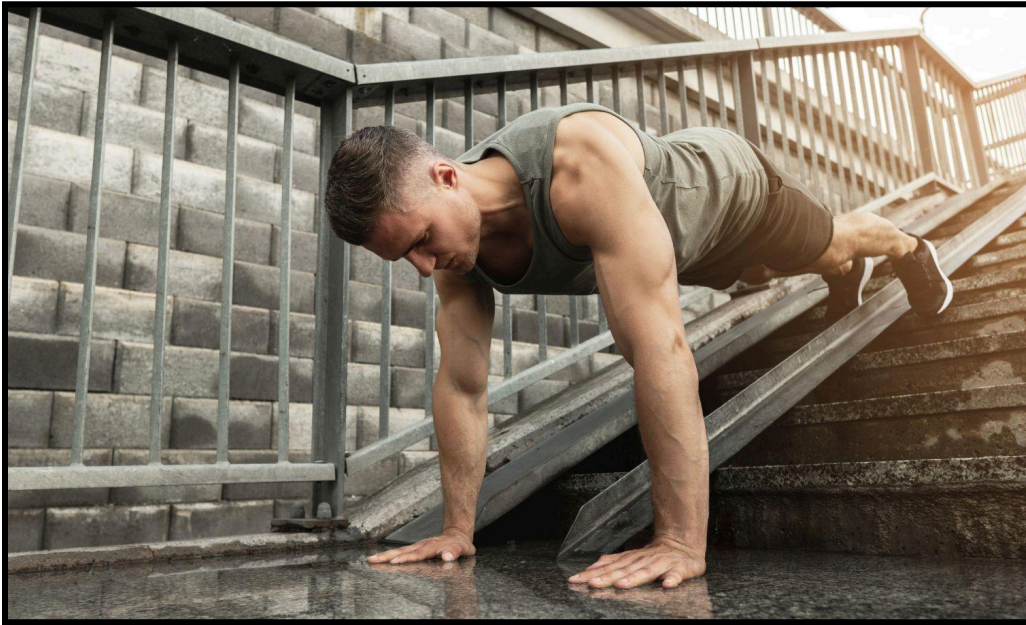




Do you really need a gym to be fit?

Alternatives to the Gym



Gyms have the convenience of offering equipment, air conditioning, and various other services to us. A workout at the gym followed by a sauna session is very refreshing. But do you really need a gym in order to be physically fit?

The answer to that is a simple “No.”

For some people a gym can be too expensive or too far away from work/home. Some people might even feel overwhelmed by all the machines and equipment. What can be done to make training more accessible for everyone?

Calisthenics (also known as bodyweight training) can literally be done anywhere. The risk of injury for basic exercises is very low. It’s highly unlikely that

you would suffer a serious injury doing a push-up or pull-up. You don't run the risk of dropping a heavy barbell on yourself either.

But the gains you can get from bodyweight training are massive. If you want to increase your strength and endurance then push-ups are a great way to start. Various push-up variations can be done to target different muscle groups, and you can increase the difficulty of a push-up by adding more reps. You can even wear a weighted vest (or heavy backpack) for progressive overload.

The same approach goes for bodyweight squats and lunges. Targeting the quads and hamstrings, these exercises are great for developing the lower body. You can do high rep squats or you can increase the difficulty by holding a weight in front of you. Holding a kettlebell while squatting is a great challenge.

That brings us to the next topic: kettlebells. Some people want a home gym setup worth thousands of dollars. Squat racks, free weights, and other pieces of equipment cost a pretty penny. A 25-pound kettlebell will cost you less than \$80. There are a TON of exercises you can do with a kettlebell. The most basic one is the kettlebell swing. This is a great exercise for building endurance, and it helps with strengthening the hip flexor muscles.

There are many options to improve your physical fitness if you can't join a gym. Minimalistic training will bring you great results.

Basic kettlebell swing. You use your hips and arms to keep the kettlebell in motion.

