

## TIPS TO INCREASE YOUR HOME GYM LOVE

### *Enjoy it More!*

- 1. Stereo speaker** – Ditch the headphones and blast your fav playlist that gets you moving and loving your workout. A portable Bluetooth speaker is a great option to stream Spotify, AppleMusic or your personal playlist streaming app.
- 2. TV (with stream)** – Instead of sitting on the couch in the evening, put a TV in your home gym and watch your show or movie while you workout. Many SmartTVs already have a mirroring function to your smartphone, or hook-up ChromeCast or AppleTV to your television and stream on-demand to the TV through your smart phone.
- 3. Virtual classes** – You don't need to go-it-alone even at home. Virtual classes are available on-demand or live and are targeted for what you want (or need). Take a cardio HIIT class, ab toning program, lower body strength class, dance cardio, cardio kickboxing, and so much more! All right in front of your phone, computer or streamed on your TV (see above – it's soooo good to have a virtual class streamed on your big screen). You get world-level classes right in your home. A favorite instructor can become someone who lives thousands of miles away and motivates you in the way you need it.
- 4. Energizing scents** – With the popularity of essential oils, a cute air diffuser for your gym is easy to get at discount stores and online. Diffuse your choice of essential oils into your home gym space during a workout to up your motivation and enjoyment. Choose energizing scents such as peppermint, lemon or lemongrass. Want more of a relaxing scent for home yoga or stretching? Try eucalyptus or lavender.
- 5. Virtual personal trainer** – Get customized fitness programs, accountability and live phone/video support with a virtual personal trainer. You know exactly what to do and avoid the guesswork at home so your progress and success goes faster and further even at home.

**6. Tabata YouTube** – Instead of using a timer for your Tabata-style workouts, try searching “Tabata Songs” on YouTube for a jamming-song series perfectly timed and counted in for start-end of the high intensity/rest intervals.

- A classic Dr. Dre Tabata Song Mix > <https://youtu.be/vlvEAWggAPw>
- 'Tabata' is a style of high-intensity interval training (HIIT) workout, featuring exercises that last four minutes. You have short bursts of high intensity followed by a short rest.