

Top 5 Fitness Tools You'll need to achieve that Summer Body!

By Brianna Sparrow

With summer right around the corner, It's best to plan to start acting now! Fitness and health however is sometimes tricky or even difficult, that's why I composed a list of five fitness must haves. These are tools you absolutely need for either a killer gym workout or a workout in the comfort of your own home.

“ MY
SUMMER
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PROGRESS.”

1. The Resistance Band

- The resistance band is already becoming popular with many gym goers. These bands are made of elastic and used for strength training. They can be used in two different positions either for leg training or arm training. These bands can be purchased at almost any major retailer ranging from Walmart, to Five Below to Amazon.



2. Dumbbells

Dumbbells are a great place to start especially when beginning your fitness journey. They are very easy to access, come in a variety of different colors as well as weights and allow you to make working out a habit. They are sold pretty much anywhere that sales exercise equipment and range in pricing from fairly cheap to more expensive models.



3. The Exercise Ball

An exercise ball is essentially one of the best items you can buy when aiming to achieve that summer body. You can use it to help with posture, work on abs, stability and even your hamstrings. It is one of the most versatile pieces of equipment as you can use it laying down, sitting or even standing completely up. If you're ever lost on what workouts to do with an exercise ball, Youtube has great options that are very easy to follow!



4. Ab Roller

An Ab Roller or Wheel is designed to provide the most effective core workout aimed to strengthen abs, shoulders, arms and the back. You can build your core, build muscle and even burn fat all by using this

one tool. The wheel usually features a non-slip rubber which is used to grip any floor surface making this easy and efficient. These can be found anywhere that sales exercise equipment as well as online.



5. Yoga Mat

One of the most optional but also most used for comfortability is the yoga mat. They provide cushioning and traction. These are essential for home workouts especially abs, legs and glutes. Yoga mats are found anywhere and prices range. While you can rent a mat from your local yoga studio or gym it's a great idea to buy your own!



Pair these tools with the right workouts and a healthy diet and the summer is bound to be



yours!