

Fitness - Jan 10, 2005

Find a simple home workout. Convenience is one of the biggest factors in sticking to an exercise program so having a home workout is a good idea. Basic equipment like dumbbells, fitness bands, a fitness ball and a mat are enough to give even the most experienced exerciser an effective and challenging workout in the comforts of home. Stick to the basic moves like push-ups, squats, lunges and crunches to get started.