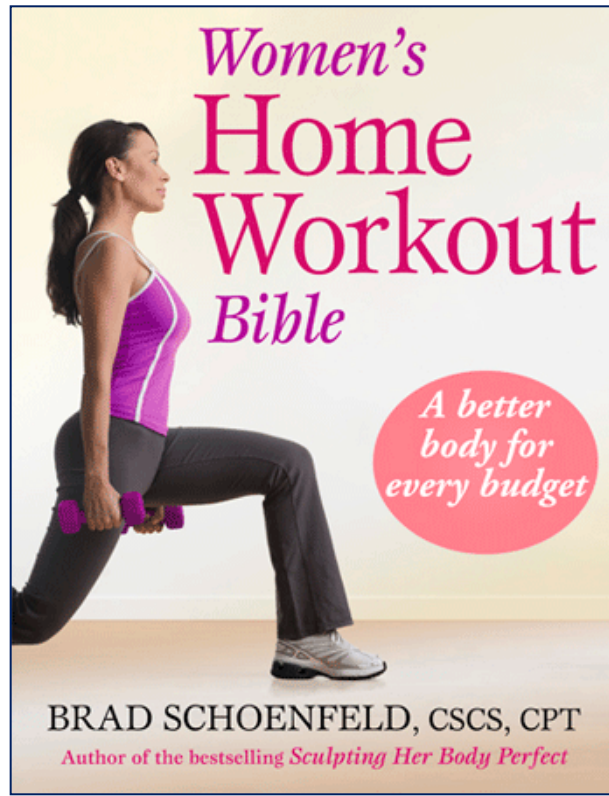




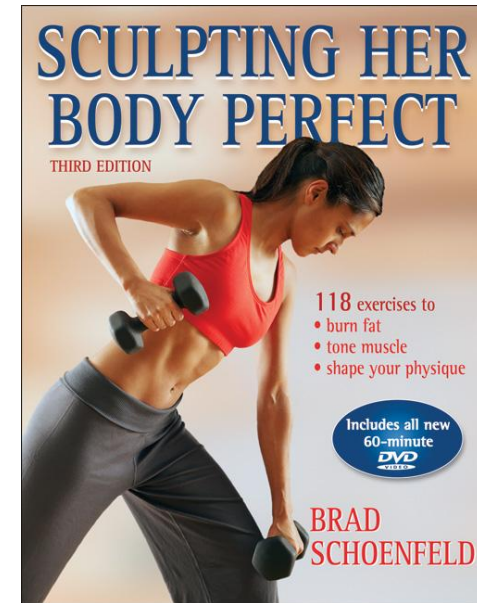
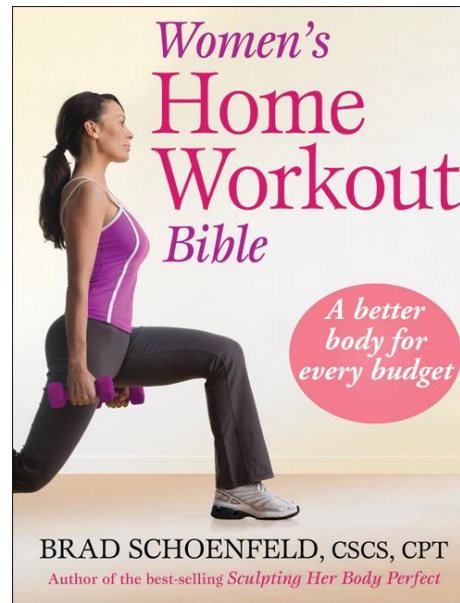
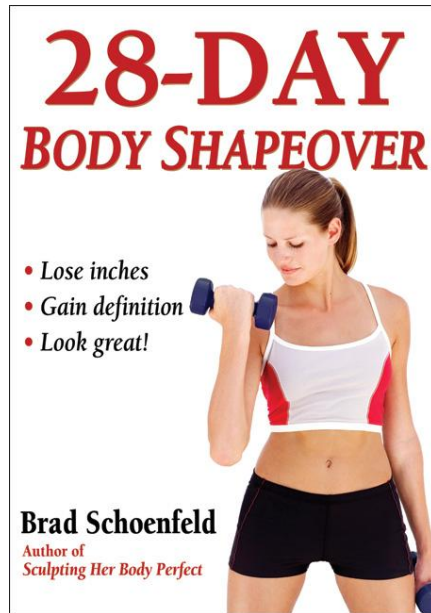
Welcome to Creating a Home Gym: A Better Body for Every Budget

Our presentation will begin at 12:00pm Eastern Time. Beginning at 11:45, we will make an announcement every 5 minutes. If you do not hear the announcements, be sure your computer speakers are turned on, or look for the audio broadcast box in the upper left hand corner of your screen. Adjust the volume control and try clicking the stop button and then click play. If difficulties in audio quality persist, you may call +1 (215) 383-1016, access code 123-331-302



We will be giving away three copies of this book at the end of the presentation!

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Creating a Home Gym: A Better Body for Every Budget!

Brad Schoenfeld, MSc, CSCS

Author: *Women's Home Workout Bible,*
28-Day Body Shapeover, and
Sculpting Her Body Perfect

The Set Up

- Determine Your Space
- Devise Your Budget
- Prioritize
 - Strength before cardio



Buying Strategies

- Internet
- Retail stores
- Used equipment
- As seen on TV



\$100 Budget

- Body Weight!
- Resistance Bands
- Stability Ball
- Chinning Bar
- Ankle/Wrist Weights



\$500 Budget

- Dumbbells
 - Fixed
 - Selectorized
- Adjustable Bench

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\$1000 Budget

- Barbell
- Plates
- Power Rack Bench



\$2500+ Budget

- Multi-Function Home Gym



Add the Cardio

- No real difference in fat burning between modalities
- Choose modality based on preference
- Avoid no-name brands
- Quality over features



Putting It All Together

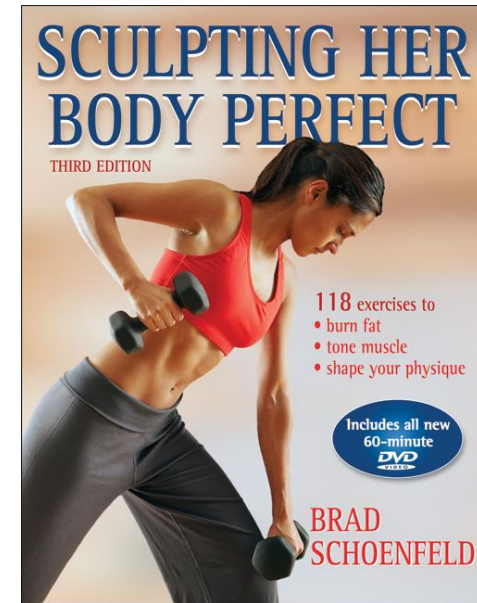
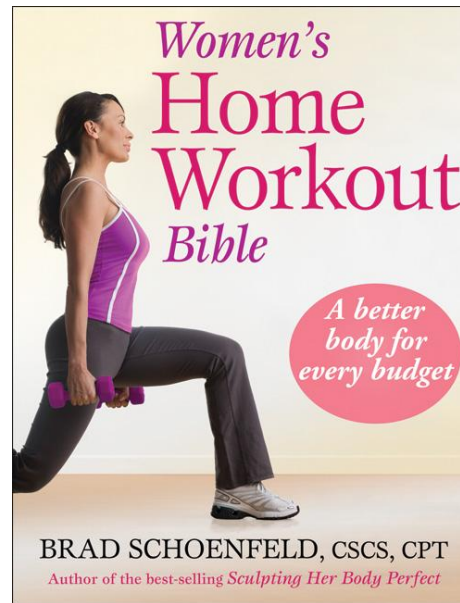
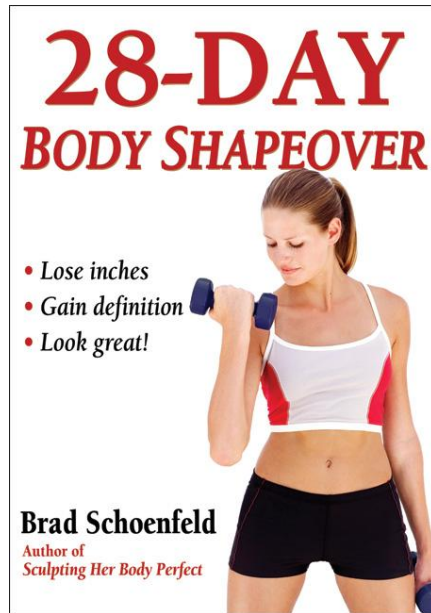
- Follow the Principles!
 - Specificity
 - Overload
 - Individuality
- Set Goals!
- Vary Your Routine!
- Be Consistent!



QUESTIONS?

- Thank you to those who submitted questions for me to answer when registering for this Webinar. I hope I addressed those questions during my presentation and if there are additional questions I'm happy to answer those now.

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Resources



UPCOMING HK WEBINARS:

- April 12th: Physical Inactivity: The Biggest Public Health Problem of the 21st Century
- April 21st: Abs Revealed: Programs for Six-Pack Success
- May 5th: Fascial Stretch Therapy (FST): The missing link in training, fitness, and rehab
- Visit <http://www.humankinetics.com/webinars> for more information and to get registered!