



Training in the comfort zone of your own home means you can kiss goodbye to everything that bugged you about the gym and focus on yourself entirely. You'll save time and money in the long run, you won't have to worry about queuing for machines and you can jump into your own hot shower afterwards. But the big question is: will you be able to motivate yourself when you're home alone? To make sure home training never becomes another domestic chore, Ultra-FIT has come up with an essential 'get motivated' guide.

Get the best home gym kit

Digging out your dad's dusty dumbbells from his attic won't make an inspiring start to your home training programme. For a successful launch, turn to page 79 and choose a home gym according to your budget, your available space, your fitness requirements and what pieces of equipment you enjoy working on. It's worth investing in one CV machine – a stationary bike, a treadmill, a cross-trainer, a stepper or a rower; some resistance kit – dumbbells or barbells; and a gym ball – a fantastic body toner. Your flexibility will also benefit from some basic Yoga and/or Pilates equipment. To help you make the right decisions, speak to a specialist retailer, such as Fitness Network or Bodypower Sports (look for their ads in this issue). These retailers stock a huge variety of fitness equipment, and dedicated staff will be delighted to tailor-make a home gym for you.

Keep your motivation levels high

When you're training at home, you'll be in your own comfort zone so, if you're not motivated, the couch will claim you before the treadmill does.

To stay on target, you need to set yourself goals and train SMARTER.

SMARTER means that your goals should be:

- Specific** What are you training for? Fat loss, muscle gain, a marathon or simply better health? Make sure your training programme is specific to your needs – if you're getting fit for a marathon, don't spend hours lifting weights; if you're strength building, don't spend hours on the treadmill; if you want to lose fat, strike a balance between cardiovascular and resistance work.
- Measurable** When are you going to achieve your goal, and what is the goal going to look and feel like? For example, if you want to lose fat, when do you want to fit into those size 12 jeans? Or, how do you think you'll feel when you cross the finish line after completing a marathon? Having a vision of what your goal looks and feels like will make you that much more determined to achieve it.



Making Your Home Gym
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