

TAKE YOUR GYM HOME

A hi-flying career could also mean endless hours in front of the computer with little or no time left to exercise. It is particularly difficult to find the time to go to gym. But don't bid adieu to your fitness efforts. Set up a gym at your house. That doesn't mean only a treadmill, a cycle and a cross-trainer, nor does it mean investing in fitness equipment that costs lakhs, occupies the whole room, and is later used to dry clothes.

As with all aspects of life these days, new trends are emerging in fitness. But there are some basics that still remain. The world over, a treadmill, a cycle and a cross-trainer are the only options available for cardiovascular training. By cardiovascular, we mean exercise that elevate your heart rate, and help you burn calories and fat. For weight training, fitness centre use multigyms, which have pulleys with plates that work on different muscle groups as you exercise.

All these options are expensive to 'walking on moon' you keep walking and end up reaching nowhere. Now trainers are using innovative, inexpensive, lightweight and portable exercising tools like physio-roll, moving-step, ramp, bosu, stability-trainer medicine balls, reflex balls, thera bands and trampolines. Here are some of the gadgets that you can set up at home for effective workouts.

Swiss balls, also known as stability balls or exercise balls are brightly-coloured, heavy duty inflatable vinyl spheres. These are grouped in size according to the height of the person. Therapy with these balls promotes flexibility, balance, vestibular stimulation, strengthening, coordination and neuromuscular learning. These are available at all leading sports brands shops for about Rs 1,000 and at Metro Sports in Sadar Bazaar for Rs 400. In fact, Metro is a good one-stop solution for buying quality dumbbells, barbells, tubings, steps etc.

Then, you can keep a step or a trampoline at home. Each of these would cost you about Rs 5,000. Put on your favorite music or hire a trainer to give you a workout at home. Wear the right kind of shoes and you are ready to shed five kg a month. A small piece of equipment called a ramp helps you walk on an incline surface. It costs about Rs 5,000. It not only helps you burn the same calories as an incline treadmill but also keeps your hips and thighs in shape.

Talking about weight training, nothing works better than free weights. All you need is a set of free weights, barbells and plates. If you do not want to invest in a bench, don't sweat. The step can work as your bench. If you are still looking for something more portable, which you can even carry along while traveling, you can buy a thera band or tubing, which will help you to tone your entire body. This too would cost you about Rs 1,000.

You should choose the equipment according to your fitness aspirations. For yoga or pilates you just need a good quality mat while kickboxing requires bag and gloves.

Not all new fitness formats make sense at first. Sometimes it takes diligent practice to get into the flow of the movements. If a flow is never attained, two things must be considered. First, your instructor may not be qualified to teach this type of physical activity. Secondly, the new form of exercise may have some flaws such as poor biomechanics or lack of a logical progression in the way it's structured or designed to be taught.

You should try the new and exciting options that come your way. Clearly, when your mind and spirit are bored with your current form of exercise, your body has also been bored for sometime. Make exercise an experience and not just a ritual.

