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Crossrop (crossrope.com) What is it?: Weighted ropes-1/4, 1/2, 1 and 2 pounds, which are perfect for cardio and strength training. Ball bearings in handles make the movement super smooth, and the fast clip system allows you to quickly change the ropes. Get Lean Package (\$99) includes two lightweight ropes: 1/4 pound is great for endurance and HIIT workouts; 1/2-pound is ideal for beginners and advanced cardio (the heavier rope activates more muscles for a more effective workout). When you become more advanced, you can go for 1- and 2-pound (\$139 for a Get Strong package). Why it's awesome: Outside the gym, I look forward to running as the primary form of cardio, but I'm bored if I don't mix things up. Jumping the rope makes you feel like a baby again, but believe me, this is a seriously adult level exercise! You get a vastly different workout from each weighted rope, making the set worth the investment. I started out as a beginner and I'm already doing double unders! Good to know: Jumping rope burns more calories (10 calories per minute!) than swimming, cycling, and jogging. It also carries the brain because it involves a combination of time, rhythm, coordination, and mental strategy. Crossrope offers a free app and a premium version (\$10 per month) where you get access to 200 workouts, fitness tasks and tutorials. - Vanessa L. Powell Bowflex SelectTech 552 Dumbbells (bowflex.com) What is it?: Adjustable dumbbells that allow you to smoothly shift from 5 to 52.5 pounds with a dial that allows you to gradually increase your strength and easily transition between different exercises. Why it's awesome: One system (\$329) replaces 15 sets of weights, so even if your home might be your new gym, it shouldn't look like one. I had problems with progress with my static 10-pound dumbbells. Weighted squats and gluteal bridges are getting too light, but overhead triceps extensions are still a struggle. Being able to switch to different weights as I worked different muscle groups took me out of the maintenance regimen and helped me become stronger. Good to know: You can track your progress in lifting weights through the free SelectTech app. It also has more than 70 step-by-step coaching videos as well as pre-loaded workouts, so even if you're new to lifting weights, it's a good place to start. - Vanessa L. Powell PRO: 10-Move Dumbbell workout you can do right at home METHOD DB (thedbmethod.com) What is it?: Machine (\$229), which is aimed at all three buttocks muscles with 220 pounds of predetermined resistance (don't worry, the machine itself doesn't weigh that much!) to lift and sculpt prey. When you sit on the seat and start squat, your gluteal maxims, mediums and gluteal minimuses are fully involved both on the descent and on the rise; the movement really insulates the buttocks so other muscles don't jump in to slack. Why it's awesome: This is the most effective butt workout I've ever done! I used it for 10 minutes a day for two weeks and could already see the difference; After a month, my ass was raised and sculpted in a way I was never able to reach through body weight squats or gluteal bridges. In addition, the machine folds up and rolls is easy to store and will fit under the sofa or bed. Good to know: There are free on-demand workouts available online that are really useful while you get used to the machine. There are also accessories like a weighted belt if you are ready for more. And although it is specifically designed for buttocks, the machine can also be used to target abs, arms and breasts with different sets of movements. - Vanessa L. Powell Gymshark Conditioning App (gymshark.com) What is it?: An app (free, or \$5 per month for a premium) that offers customized workout plans from professional trainers that will help you create an approach based on the specific body parts you want to target. The Home Workout and Plans section shows you how to use a sofa for high-intensity circuits or a yoga mat for mobility and body weight exercises. Gymshark also has a outfit-my favorite loop resistance bands (from \$12), used to strengthen the core and buttocks, and add definition to the weapon. Why it's awesome: Gymshark has a passionate following on Instagram, and once you try it out, you quickly figure out why: You don't exercise alone at home, you work with the whole community! Different plans will help you track your progress and keep you responsible for a sustainable fitness journey over time, so it really feels like you have a gym buddy right there, encouraging you to stick to it. Also, the resistance bands are so small and portable that I take them everywhere. Good to know: I'm someone who's always had problems with consistency when I'm working alone in the gym- I'm much better with an instructor, so I like that with Gymshark, in addition to target body workouts on the app, you can work with specific trainers. I rotate through my three favorites every week; it doesn't take long to find one that you like and get attached. - Vanessa L. Powell PRO: 7 Best Workout Apps You Need to Try P volve System (polve.com) What is it?: A collection of resistance-based scales and proprietary equipment that provides head-to-head/low-impact workouts through slow, controlled reps Conversion Kit (\$140) has three of the best tools: p.ball for firing up the buttocks, hips, and core; p.band for weapons sculpture; and p.3 coach who and aligns your whole body. Why it's awesome: It activates hard to reach muscles and increases range of motion, all without overtraining the body. I tend to love high-energy, butt-kicking HIIT and boxing classes, but they're focused, focused, movement taught me precision and muscle control. It's a great workout without getting (too) sweaty! Good to know: The outfit seems a little unusual at first, but you get used to it quickly. And you'll never get bored: You can stream more than 200 videos (with or without their equipment) on an app or website for \$20 a month or \$179 for a year. - Vanessa L. Powell PRO: We're all doing at-home workouts now- That's how not to get injured Theragun Mini (theragun.com) What is it?: Theragun has become synonymous with percussion massage devices, you've probably noticed them popping up all over Instagram fitness the last few years. The motorized massager pounds out of the knots and helps to relax the overall muscle tightness. It happened with a steep price tag, though, prohibitively steep for most of us. Now, Theragun Mini offers all the same benefits at a fraction of the price (\$199). Why it's awesome: The Mini is more portable and very quiet. Whether you want to loosen up sooner, relieve cramps during, or take care of any pain and pain that arise after a workout, Mini offers several levels of relief. It also has three different speeds-1750, 2100 and 2400 percussion per minute, depending on your needs. Good to know: Before trying theragun mini, I took the DIY route and converted the power saw into a similar device. The result was, well, powerful... And loud. The mini runs smoothly enough that I was able to clear up a stiff neck (something ma-saw-ger would be too rough for). And the 5-minute session here and there even helped loosen the tight quads that caused outbreaks of knee tendonitis, so I was able to keep squatting without any glitches in my routine. - Rob Tutton Echelon Smart Connect Bike EX5S (echelonfit.com) What is it?: Indoor Bike Exercise (\$1,639.98), allowing you to stream live fitness classes right from your home on your schedule. The bike is fully adjustable to your size, and has a large monitor for streaming workout classes as well as pedal cages with the ability to clip in the shoe. RELATED: 7 stationary workout bikes for a spin routine you can do anywhere why it's awesome: A lot of at-home simulators tend to feel unconvincing, especially compared to the machines in the gym you're so used to using. This bike is exceptionally durable- a testament to its quality, so you won't need to worry about it possibly moving around while you are working. The big screen and the ability to connect to any set of wireless headphones also ensures that you will feel as close to getting back into the studio as possible. Also important: With many of us taking our workout routines outside more (read: possibly running on harder surfaces like roads), injuries happen, and bikes are a fantastic way to get into a sweat if you are recovering from pain and pain. Good to know: Another note about quality and strength: It's heavy-as-, two-person-will-to-have-to-help-set-it-up heavy-and-takes up quite a lot of space. It's not necessarily a bad thing, but something to take note of if you live in a smaller space. - Amber Brenza This article originally appeared in the September 2020 issue of Health Magazine. Click here to subscribe today! To get our best stories delivered to your inbox, subscribe to the Healthy Lifestyle Newsletter Fall at HGTV Sweet Autumn Jewelry! Autumn on HGTV Made of felt wool! Autumn on HGTV By Joan Gaines-Style! Autumn on HGTV tips for your autumn decorations. Autumn on HGTV In beautiful autumn colors autumn on HGTV Superlecker! Fall on HGTV Creative Autumn on HGTV Beautiful Flowers Fall on HGTV Perfect Autumn DIY Hacks and Tips 7 Tips to Order Your Life Hacks and Tips Would You Think You Would You Think That? DIY Makes Your Home Still Green Gardening We Give You Tips. DIY Super Environmental and various uses. DIY For summer feeling home is a DIY natural flair for your four rooms. Food Let yourself be inspired. DIY make more out of this room! Hacks and tips six tips Hacks and tips These tips will make your picnic even more beautiful! Hacks and tips are fun for everyone! Gardening Hmmm.... Like fragrances! Smell!

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