

The 9 Best Home Fitness Equipment Pieces to Buy in 2018

Setting up a home gym doesn't have to be a daunting task when you consider all you need is basic strength training equipment.

- Dumbbells
- Exercise Ball
- A Step
- Adjustable Weight Bench
- Resistance Bands and Tubes
- Weight Lifting Gloves
- Exercise Mat
- Gliding Discs
- Adjustable Ankle Weights, 5-lb. Pair