



Strength Training with a Limited Budget

Looking for ways to begin strength training and avoiding expensive monthly costs for gym memberships or exercise equipment for your home? There are many ways you can begin light strength training at home using the following tips.

- **Neighborhood:** Check out local garage sales or classified ads
- **Stores:** Find stores that sell used exercise equipment
- **Body Weight:** Push-ups, pull-ups, dips, squats, lunges and other body exercises are some of the best exercises to get you in shape
- **Stairs:** Use stairs in your home to do step-ups, step-downs, lunges, dips, and push-ups with hands and also feet on the stairs
- **Cans of Soups:** Cans of soup or vegetables are a great way to increase resistance and come in various sizes and weights
- **Empty Milk Jugs or Water Bottles:** fill empty containers with water or sand to desired weight
- **Old Gym Bags:** Fill an old gym bag or computer bag with books and do arm curls or hold a bag in each hand and do forward lunges
- **PVC Pipe:** PVC pipe is excellent because it cheap, comes in a variety of sizes and can be cut to any length. Fill the PVC pipe with snace and cap ends with duct tape and use as a weight for many exercises
- **Old Sports Balls:** Make a small cut in old or flat basketballs, footballs or tennis balls and fill them with sand to use as a medicine ball
- **Buckets:** Fill buckets with rice or and try to dig your hand to the bottom for an exercise to strengthen your hands and forearms

Adapted from Nationwide Children's Sports Medicine.



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