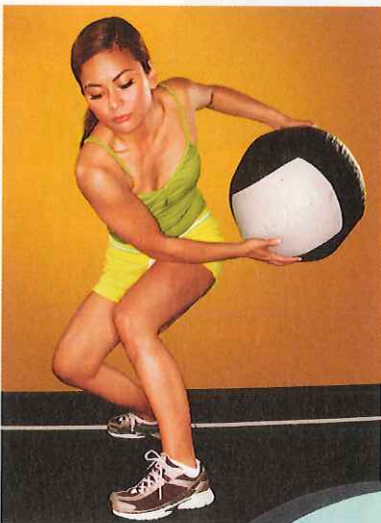


# CREATE YOUR OWN MINI HOME GYM

YOU DON'T NEED A LOT OF SPACE—OR DINERO!—TO GET IN SHAPE WITH THESE FITNESS FINDS AND A CIRCUIT WORKOUT FROM CELEBRITY TRAINER ARY NUÑEZ. BY CELIA SHATZMAN

■ **SHELLING OUT BIG BUCKS FOR A PRICEY GYM MEMBERSHIP TO GET IN SHAPE?** No need. Dominican celebrity trainer Ary Nuñez—who counts Rihanna, Alicia Keys and Kat DeLuna as clients—created this 30-minute full-body circuit workout using inexpensive equipment to put together the perfect home gym, whether you live in a studio apartment or a house. “I love these training toys because they don’t take up much space. They are safe and easy and practical to use, you can take them on the road and get an all-body workout,” says Nuñez.



**EQUIPMENT:** Valeo medicine ball (4 to 8 lbs, depending on your fitness level)  
**Where to Buy:** [amazon.com](http://amazon.com), \$21  
**Feel the Burn:** Lying on your back, bend knees and place heels on ground, toes facing up. Place the medicine ball between palms, starting at chest level, with elbows away from you, and do a full sit-up, keeping arms and back straight. Bring ball to your knees and then roll back to the ground. Do 4 sets of 8 for 32 reps.  
**Works:** full body



**VALEO**

**EQUIPMENT:** Everlast resistance bands stretch tubing (resistance varies; Nuñez recommends medium for most people)  
**Where to Buy:** [shopeverlast.com](http://shopeverlast.com), \$28  
**Feel the Burn:** Place band around ankles. Stand as if you're straddling a horse's back, with knees slightly bent and feet as wide as possible. With back straight, squat down and stand up. Repeat 32 times. **Works:** quads, hamstrings, inner and outer thighs, calves



**EQUIPMENT:** Perfect PushUp  
**Where to Buy:** [dickssportinggoods.com](http://dickssportinggoods.com), \$20  
**Feel the Burn:** Complete one push-up using Perfect PushUp, which forces you to have proper positioning and prevents injuries due to poor form. Repeat 32 times.  
**Works:** arms, chest, back, abs



**EQUIPMENT:** Everlast speed jump rope  
**Where to Buy:** [shopeverlast.com](http://shopeverlast.com), \$8  
**Feel the Burn:** Standing straight up with feet together, jump rope for three minutes. (Start at one minute if you're a beginner, then work up.) Repeat 3 times.  
**Works:** arms, core, legs



**EQUIPMENT:** HyperWear SandBell (6 to 15 lbs, depending on your fitness level)  
**Where to Buy:** [hyperwear.com/sandbells.html](http://hyperwear.com/sandbells.html), \$10  
**Feel the Burn:** Stand in wide horse straddle. Lift SandBell over head, keeping back straight. Then gently drop SandBell to the ground and bend down and pick it up by squatting. Repeat 32 times. **Works:** full body