

Bonus Resources Series

HOW TO SET UP YOUR HOME GYM FOR LESS THAN 50 DOLLARS IN 7 SIMPLE STEPS

(You may already have all you need)



ENSO CALISTHENICS

Mobile Bodyweight Training School

INTRODUCTION

With increasing prices and more complicated membership schemes than ever, more and more people are turning away from commercial gyms and start training at home. Not only is training at home a much cheaper option, it also teaches people to train using their own bodyweight, which is the safest and oldest way to work out, as well as one of the most effective. Don't believe us? Look at Spartans!

Training at home is also a very attractive option for a lot of people who do not feel comfortable training at a gym and being surrounded by other people.

While you may think training at home requires fancy and expensive equipment, this couldn't be further from the truth and this guide is about to prove it to you.

We will show you what equipment you may or may not need to buy, and how you can replace it with what you already have at home.

So if you want to know how you can start training at home today, and how it will save you hundreds of dollars, read on.

Please note that we are NOT affiliated to any vendor we might recommend in the following links. This guide only intends to give you the most accurate information to help you make an educated purchase if you choose to get some of the equipment.

1. *SUSPENSION TRAINING KIT*



Suspension training kits (also known as TRX) are an easy to store piece of equipment that rely on gravity and bodyweight to provide resistance to a wide range of exercises.

The most common exercises that use suspension training kits are pulling exercises, where you mostly engage your back, biceps, and forearm muscles. Pulling strength is an essential element of training but is sadly often overlooked in fitness routines for beginners. Not training your back and pulling muscles can result in unhealthy muscle imbalance, as well as back pain and posture issues.

This type of equipment is very light, easy to store and carry and can be hooked almost anywhere. It can also be easily fixed to any door thanks to a special accessory which is usually included in every pack. While we recommend purchasing one for more convenience, it can also easily be replaced by a long towel or any kind of multi-purpose straps. If you have a hook, bar, pole or anything you can wrap your towel around, you'll be able to perform all the "TRX" exercises of our programs.

If you decide to purchase one of these kits, know that there are cheaper options out there than TRX (it's actually a brand in case you didn't know) and a basic kit could cost you as low as 15 dollars.

Find examples of cheap suspension kits [here](#).

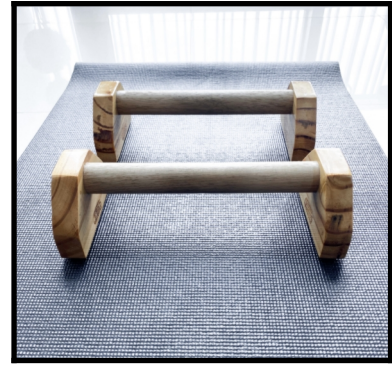


Suspension training kit fixed on a door



Towel used as a TRX substitute

2. *PARALLETES*



Some of our exercises require the use of parallettes to fulfill one of 2 main goals. The first one is to change the position of the wrists to unlock a wider range of motion and train strength more effectively.

The second goal is to increase grip strength, which is very important in all kinds of bodyweight or gymnastics strength training. Grip strength is mostly the results of stronger forearms, which are seldom trained in traditional fitness programs, and which is sad.

Strong forearms and grip can greatly improve your daily life and activities and we strongly recommend you start giving importance to it.

That said, there are many ways you can improve your grip strength following our method and to be completely honest with you, it won't be a big deal if you do not use parallettes when our exercises require them. Performing the exercises directly on the floor will already be very effective and beneficial.

If you wish to use parallettes, know that you can simply use push-up handles (you may already have these) as long as they are sturdy enough. Push-up handles can be found online or in cheap stores for less than 10 dollars.

If you would like to get your own pair of real parallettes, please explore these [affordable options](#).



Push-up Handles

Source: /www.ubuy.co.id

3. PULL-UP BAR



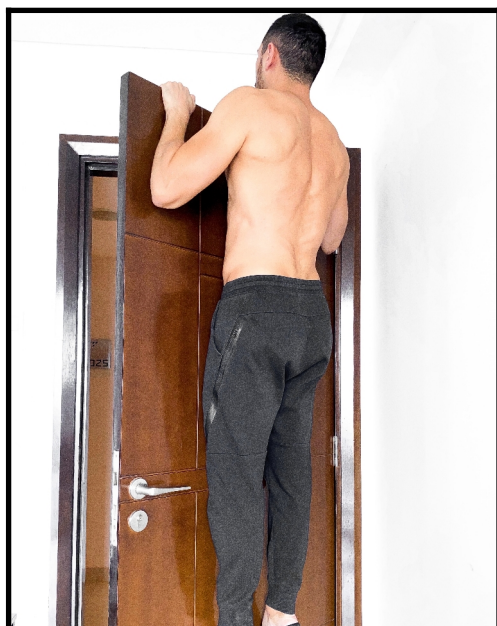
Now this is a staple of bodyweight and calisthenics training. While you may not need it as you start training with us, you will definitely need to consider getting one when you get stronger and need to perform more challenging exercises.

A pull-up bar will help you build a strong back which will directly improve your quality of life. Pull-ups, chin-ups and other pulling exercises are also the best way to increase biceps strength (and size if that matters).

You will also be able to learn to perform gymnastics figures like the front lever if that's what you are into.

We are not big fans of pull-up bars you just fix on a door frame since we are all about safety and this kind of bar just doesn't sit with us.

Therefore, we would prefer you to go for a standing pull-up bar and this might be the largest piece of equipment we'll recommend you to purchase.



Doesn't sound convenient? Don't worry! We still have a few tricks up our sleeve.

First of all, as a beginner and intermediate you can easily replace a pull-up bar with a door. Yes, just a door and we are pretty sure you got this at home, right?

As shown on the left, by simply opening the door and grabbing its top, you'll be able to hang and do different variations of pull-ups easily.

How to replace a pull-up bar with a door

If you prefer to get a real bar, we have another great solution for you. There are more and more training stations that combine a pull-up bar and dip bars and they are becoming cheaper and cheaper too. Some of them can even be folded and hidden somewhere.

This would require a little investment of around 100 dollars, but again this won't be mandatory especially if you are starting bodyweight training. And remember, this is a one time fee, unlike your gym membership.

Check this [link](#) for one of the most affordable options we found online.



A pull-up and dip station
Brand: Domyos

4) *DIP BARS*



Dip bars are amazing. As you progress in your training, they'll help you perform a wide range of both pushing and pulling exercises for a strong upper body.

As a beginner, you probably won't need them too much but if you are already an intermediate or advanced practitioner, you'll be asked to perform exercises that use dip bars.

While it's always more convenient to use specific equipment, there is also always a smart way to do without.

Dip bars are so called because they are most often used to perform dips, and while this may sound ironic, it is probably the exercise where dip bars are the most easily replaceable.

Do you have 2 chairs at home? You don't need dip bars.

By simply placing 2 chairs face to face, you'll be able to perform most dip variations, as well as all abs exercises that normally require parallel bars and other exercises you'll discover later.

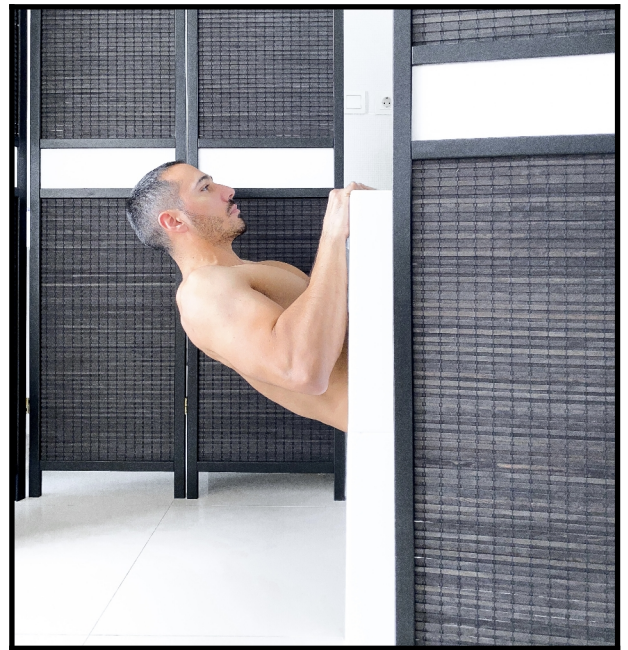
Important: the chairs must face each other and you should place your hands where you sit, and not on the backrest or you might lose your balance.



Dips on 2 chairs

Pull exercises like Australian pull-ups (you will soon learn everything about this as you use the app) can also be performed without a dip bar or low pull-up bar. By simply grabbing the edge of a table and placing your body under it, you will reproduce the exact same position and movement of Australian pull-ups.

If you wish to purchase your own dip bars, we recommend opting for a training station with a pull-up bar and dip bars combined, as mentioned in the previous paragraph.



Australian Pull-ups on a table

5) *PLYO BOX*



Plyometric boxes are also a very versatile and useful tool in our training method. However, getting one is entirely up to you as it may not have any advantage over what you already have at home.

After all, it is nothing more than a box and we only need it to provide elevation, which you can get from a lot of other things.

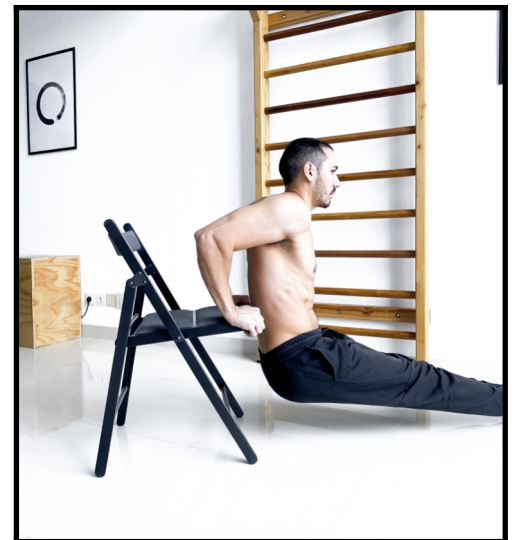
To perform “bench dips”, inclined push-ups, and other exercises where your hands need to be on an elevated surface, your couch, a chair, a bed or anything similar will work just as well.

The same goes for inclined push-ups and other exercises where you will need to elevate your feet.

If you need to put your hands higher to lower the intensity and make the exercise easier (please find our body angle article in our “14 fundamental bodyweight tips” guide for more information), simply use a table instead of a chair and your problem will be solved!

To perform jumps, or other exercises where you need to step on a high surface, you can use a sturdy chair, stairs, any kind of box or anything you can actually think of that will support your weight.

Remember your body doesn’t care what tool you use as long as you put enough resistance on it, so don’t hesitate to get creative!

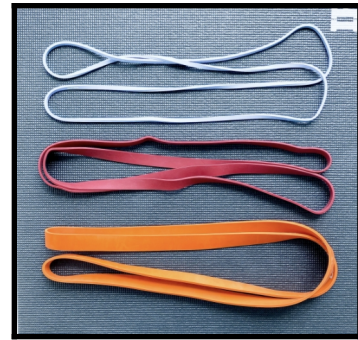


Bench Dips on a chair



Step-ups on a shoe rack

6) *RESISTANCE BANDS*



Resistance bands (the long type) can be used in so many different exercises and for 2 different purposes.

The first one is to create resistance and the second one is to provide support.

A very strong advantage of resistance bands is that it doesn't just provide plain resistance but also creates instability due to its elastic nature. This forces us to engage secondary muscles (also called stabilizers) to keep our balance and stay stable, which in turn builds even more strength and an overall fitter body.

This is not possible with regular gym equipment like free weights and machines which usually apply a kind of resistance which is constant, and where movement is more linear.

The second main use of resistance bands is to provide support by carrying your bodyweight when performing more difficult moves. This makes it possible for you to learn new moves and train with a greater number of exercises, making your training more complete, interesting, and challenging.

Sadly, we are not able to provide a real solution to substitute resistance bands. This is a piece of equipment which is really essential and hard to replace.

Fortunately, they are some of the lightest fitness tools you can ever find, they are easy to store and carry, and are also very affordable.

You don't even need to get a whole set, a light one, a medium one, and medium-heavy one should be all you need and could cost you as little as US\$15 in total.

You can find resistance bands in any sports shop, department store or you can also explore these [online options](#) (it might be a bit more expensive online).

7) *GYMNASTICS RINGS*



Gymnastics rings are the king of all tools and if you don't believe us, head over to Enso Calisthenics app and read our article called "Rings Strength".

Rings are amazing at building strength in primary muscles, secondary muscles, as well as connective tissue (ligaments and tendons). These are the most complete strength building tool and training with them is also one of the best ways to get ripped, given the amount of tension and resistance your body has to go through.

While training with rings may sound daunting, please bear in mind that you'll never be asked to perform exercises you can't handle. In fact, rings do not appear in any of our program until you have built solid foundations and reached a certain level of strength and mobility.

However, they can be used for simple exercises when replacing a suspension kit and are really fun to experiment with.

The only problem with gymnastics rings is that they are simply irreplaceable (such a great tool had to be). So while you won't have to do any ring exercise in the beginning stages of your journey with us, you will need to buy a pair in the future. Good thing, this tool is another very affordable one and you shouldn't expect more than 20 or 25 dollars for a pair of nice gymnastics rings.

Rings are easier to find in mainstream stores nowadays due to the increasing popularity of calisthenics and other bodyweight forms of training, but it is still much easier to find them online. [Here](#) is the type you should be looking for.

CONCLUSION

Thanks to the increasing availability of fitness tools and equipment, as well as programs like those provided by Enso Calisthenics, it has never been so simple and effective to get fit (and really fit) at home.

Hopefully by now you should have a better understanding of what you need, and how to find or replace it.

As a beginner, it should be possible to start following our programs with nothing more than a couple of resistance bands. As you progress further, you might want to gradually upgrade your home gym to keep improving and reach your goals.

This should not cost you more than US\$150 in total even when you reach an advanced level. This is about the equivalent of 3 months at the gym if you include the cost of commute, a no-brainer.

If you need more information about how to train with us and where to get our free app, please check out the next page!

START YOUR FITNESS JOURNEY TODAY WITH A FREE WORKOUT ROUTINE YOU CAN FOLLOW AT HOME

If you can't wait to start training towards your dream body, you will find a lot of free tips, free tutorials and free workout programs for every level on our mobile application called "Enso Calisthenics". It is available on iOS and Android via the links below.

With more than 270 exercises with videos and detailed instructions, you will be able to work out and become the best version of yourself without leaving your home. Enso Calisthenics is designed to help anyone regardless of their fitness level and personal background to train safely and effectively by following the right program.

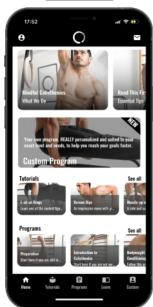
An advanced function even allows you to generate unlimited custom programs that are REALLY personalized, after completing a short but accurate assessment of your fitness level. This feature is free to try for 7 days. All other resources are free for life and there is no catch! So don't waste any more time and check it out now!

You're welcome.

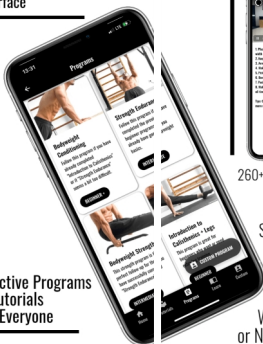
Download iOS App [here](#).

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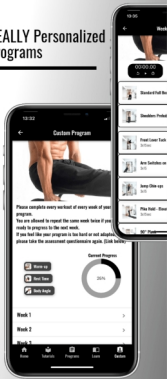
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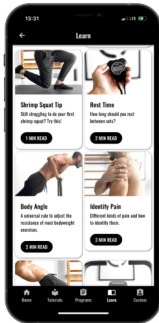
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