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What is the best exercise machine to use at home

Photo Courtesy: Pixabay Does the prospect of a perfect shot of espresso entice you to visit your favorite coffee shop day in and day out? Skip the lines and the added costs by making your own specialty java beverages in the comfort of your own home. All you need is the right espresso machine to get the job done. Like so many other things in life, there's no one-size-fits-all approach to espresso machines. To choose the best one for you, consider the quality of the beans you love to use, the time you have to prepare your coffee beverages, your available space and your planned budget. To help set you on the path to finding your new favorite small appliance, we rounded up 10 of the best espresso machines for every at-home barista. MORE FROM CONSUMERSEARCH.COM Photo Courtesy: Lily Lawrence/Getty Images for Pure Barre With COVID-19 cases rising, many gyms aren't operating at full capacity — and, in all honesty, they probably won't be for quite some time. Since quarantine began, many people have felt uncomfortable with attending in-person exercise classes or going to the gym, even with social distancing restrictions and increased sanitizing procedures in place. Enter: the rise of at-home, online workout classes. One popular workout type? Barre classes, which are inspired by the low-impact, full-body work that's done in ballet. Full of health benefits and easy to practice from home, barre workouts need to be part of your regimen. What Exactly Is a Barre Workout? The barre workout incorporates the standard barre work used in ballet training. Though it uses basic ballet moves, you don't need dance experience to try this workout. In fact, folks who practice Pilates and yoga will probably find a lot of crossover here. Typically, routines mix in a variety of movements, including some ballet positions — pliés, pulses and lunges — all of which one accomplishes while holding the barre. (The ballet handrail pictured above.) Photo Courtesy: Photo by Mark Gail/The Washington Post via Getty Images "A barre workout combines traditional elements of a classical ballet barre workout with Pilates and contemporary leg exercises to offer a low-impact, challenging workout focusing on the lower body," barre instructor Julie Erickson told Byrdie. Best of all, barre classes can range from 10 to 60 minutes depending on the instructor, so it's easy to incorporate this practice into your daily routine. Before you get started, it's important to have some sense of the most basic movements. For example, a first position squat is where students stand with their heels together and toes facing out — and then they'll squat continuously. Another standard movement is a plié pulse, which has students lower their hips until their thighs are parallel to the ground; from there, they pulse up and down for a set amount of time. The Health Benefits of Barre Workouts Though the barre workout may be low-impact, it's still a lot of work. However, that hard work has some awesome health benefits — and, in the long run, you'll be stronger for practicing barre workouts consistently. Photo Courtesy: Lily Lawrence/Getty Images for Pure Barre First, barre helps to improve your posture, much like ballet. As you complete the movements, you'll be encouraged to stand tall, all of which helps strengthen the muscles in your chest and shoulders. Additionally, this type of workout increases your flexibility and improves your balance. Leveling up these abilities helps you get stronger and stave off injuries. Of course, consistency is key. But, if you stick to it, expect your glutes, hamstrings and calves to become more toned over time. In addition to the physical benefits, completing barre workouts helps your mental and emotional health too. As with most workouts, barre helps reduce stress and trigger the release of endorphins, which can be especially beneficial if you break up your workday with a quick class. Additionally, focusing on executing each movement correctly will help to increase your mindfulness. How to Have a Successful Barre Session at Home While in-person barre classes typically have a ballet barre bolted to the wall of a dance studio, you can modify things to be at-home-friendly. In fact, you can use almost anything as a barre — a chair, a desk, your couch — so long as it's strong enough to hold you and help you maintain your balance. Additionally, some instructors offer modified classes, which trade the barre for a yoga mat and some light dumbbells or resistance bands. Photo Courtesy: Anthony Souffle/Chicago Tribune/Tribune News Service via Getty Images Just like with any other new workout, pace yourself and listen to your body. Although you want to challenge yourself, you don't want to overdo it or injure yourself by being overzealous. Be sure to wear comfortable clothes, drink lots of water and get a good night's sleep, the latter of which can set you up for success in the long run. Excellent Barre Workouts to Try at Home If you're looking to try a barre workout, you've got quite a few choices at your fingertips. With a simple Google or YouTube search, you can find virtual classes or pre-recorded videos online to help you get started. Often, beginner classes last for about 10 to 20 minutes. For example, a 12-minute workout from Barre Fitness will really work your low body, all while giving you a bite-sized sense of what a barre workout has to offer. Photo Courtesy: @nourishmorelove/YouTube A more intense workout, which can range anywhere between 30 to 60 minutes, is better for those who are more advanced in barre. Certified barre instructor Lindsey Bomgren offers a variety of classes on YouTube including this 45-minute barre class, which incorporates movements geared toward cardio and sculpting. Barre is also safe for pregnant folks looking to incorporate some safe exercise into their routines. For example, Aura Studio offers an excellent pre- and postnatal full-body barre workout. "This workout is wonderful for new mamas or mamas-to-be looking to continue or introduce a fitness routine. The equipment in this workout is completely optional as well." Michelle Carrillo, a certified barre and Pilates instructor, shared. Regardless of which class you take, doing any kind of barre workout will certainly challenge your fitness level and help to sculpt your body in the long run. It's an excellent workout, especially during these times when many of us are staying close to home! Resource Links: "8 Things That Happen to Your Body When You Start Doing Barre" via Byrdie "16 Amazing Barre Workouts on YouTube, According to Instructors" via Self MORE FROM SYMPTOMFIND.COM Home gyms are the new boutique fitness studios. The key is to find the best home workout equipment for your space, budget and commitment level—and that's where plenty of people get stuck. "It's important to accept that you are building a home gym, not a commercial fitness center," says Doug Sklar, a certified personal trainer and founder of PhilanthroFIT in New York City. In other words, you don't have to clutter your home with tons of commercial-grade equipment. Just one high-quality cardio machine, like a treadmill or elliptical, can be the star of your workout space; if that's not an option, a yoga mat or some resistance gear can still help you achieve a gym-quality workout without setting foot in a gym. Shopping for the best home gym equipment? The Tempo Studio is like a weight room in one sleek, ... [+] compact package. Tempo Narrow it down to the best home gym equipment for your space and exercise style, sticking to the items you'll actually use on a consistent basis. (Otherwise, you run the risk of your investments becoming expensive laundry racks for your hang-dry-only sweaters.) So, we spoke to several fitness experts—and added a few of our own picks—to help you choose the best gear. From high-tech machines to anchor your home gym to portable accessories that pack a punch, these are the best pieces of home workout equipment for all fitness levels. Best All-in-One Home Workout Equipment A Compact Package That Rivals A Gym Weight Room Best Home Workout Equipment For Total Body Training An All-In-One System That Offers Dozens Of Exercises As long as you have a solid interior door, a hook screwed into a stud or a sturdy tree branch, you can execute dozens of different exercises—every one of them tailored to suit your abilities in terms of strength and mobility—using TRX straps. Danielle Hirt, an NASM-certified personal trainer and RRCA-certified running coach with Formula Running Center says: "TRX straps offer a total body workout for any level. They're a great foundational piece of equipment because all workouts can be modified. TRX straps are also great for recovery and mobility training, allowing you to use your own body weight to stretch your muscles more than you can on the floor alone." Jess Glazer, former celebrity personal trainer and physical education instructor adds that she "is also a huge fan of the TRX home suspension system because it allows you to focus on all body parts and a variety of workouts from cardio and plyometrics to strength and stability." forbes.comAmazon Promo Codes | 20% Off In February 2022 | Forbes Ellipticals are a great introductory option for beginners and "good for those with knee, ankle or back issues that find running uncomfortable or painful," Sklar says. When it comes to choosing the right one, Albert Matheny, R.D., C.S.C.S., co-founder of SoHo Strength Lab, says: Think about what you've liked using at the gym, as well as what features you actually used on it. Then try to get the same one, or something as close to it as possible. The ProForm Carbon E7 moves smoothly and is almost silent, making it ideal for shared spaces, early morning or late night workouts. It's also foldable and has wheels for easy storage if you're short on space. Featuring 24 resistance levels and inclines from 0 to 20 degrees, this machine is suitable for beginners but can still offer a challenge as you build strength and endurance. It comes equipped with a 7-inch screen and is compatible with iFit, a service that lets you stream thousands of workouts so you'll never get bored. Just note that the iFit subscription costs an additional \$15 per month for individuals or \$39 per month for the family plan. If you have the space, a treadmill can be a great piece of cardio equipment to have at home. "Look for durability above all else," Sklar advises. "Treadmills take a pounding, and they're not cheap. Investing in something with strong reviews on longevity with minimal repair will give you a solid return on investment." Another important thing to consider, if you like to go fast: Check the machine's speed capacity. "Ability to incline and simulate hills is also a great perk, and fairly standard," Sklar says. The NordicTrack T Series is an Amazon bestseller featuring 10% OneTouch incline, belt speeds up to 10 mph and a foldable design for easy storage. Most notable, though, are its smart capabilities. It has a built-in 10-inch touch screen (there's also the 5-inch screen model, if you want to save a couple hundred bucks) and is compatible with iFit, a service that lets you stream workouts. As mentioned above, an iFit subscription costs extra, but this package includes a free 30-day membership so you (and the fam) can try it out. Although rowing machines are known for giving an upper-body burn, they also offer total-body training. That makes them an excellent alternative for those seeking something besides the typical treadmill or elliptical. And in the overarching realm of cardio machines, the fan-favorite Hydrow Rower is giving Peloton a run (spin?) for its money. People love the Hydrow because it offers an immersive and realistic rowing experience. Between the motion of the rowing, the machine's built-in HD screen and the challenging but scenic Hydrow workouts (membership sold separately for \$38 a month), outdoor enthusiasts can get a taste of nature while working out indoors. Plenty of people love ballistic and strength training with kettlebells thanks to their versatility. While you can use them as free weights, kettlebells can also be easily swung or handled during jumping and explosive exercises. "If you do a lot of movements like planes and snatches, and train with kettlebells more often, you'll want to look at buying three or four weights of standard," says Matheny. Another thing to consider: your floors. Kettlebells are often made of cast iron which, while incredibly durable, can damage floors if handled roughly. Kettlebells from Yes4All run from 5 to 50 pounds and feature vinyl coating to help protect your flooring. Rebounding, or jumping on a trampoline designed exclusively for exercise, not only burns calories, it may also provide a better workout than running, in terms of muscular involvement and oxygen consumption and impact on your joints. It's excellent for cardio and HIIT (high-intensity interval training) workouts, especially. Plus, it's fun. JumpSport 350 PRO is an ideal mid-level rebounder for beginner or intermediate bouncers. While the brand has both lower- and higher-end models, the 350 PRO has a sturdy alloy steal frame, ample surface area and seven adjustable tension settings for switching up the resistance. JumpSport rebounders are made with (nearly) soundless bungees instead of squeaky springs so you can easily hear your bounce class instructor—or current Netflix binge—as you jump. Glazer calls adjustable dumbbells "great at home equipment because they don't take up a lot of space and can be used for almost any type of strength workout." Flybird's adjustable dumbbell effectively eliminates the need for five sets of dumbbells, saving you space and actually saving money overall. You can adjust each weight to as little as 5 pounds or as much as 25 pounds, with myriad incremental options between the minimum and maximum. If you need more weight, there's also a 55-pound option. You can use gliding discs on carpeted or hard surfaces to help with core training, strength training and/or balance training, which enhances core and muscle strength in and of itself. Hirt advises gliding disc users to "activate your core by incorporating these lightweight discs into your routine. By adding a balance challenge you can increase the intensity of your workout without adding impact." Inexpensive and compact, gliding discs are worth consideration even for occasional use, and you can tuck them away pretty much anywhere. They're also super portable so you can continue your core training when you're on the road. This yoga set from HemingWeigh is great if you're just starting to practice yoga or you want a few extra accessories without getting too complicated. The HemingWeigh Starter Kit comes with a mat (of course), two blocks, a strap and two absorbent towels to keep things slip-free. In addition to elevating your at-home practice, it's everything you need to succeed in an in-person class, plus the mat's built-in handles make it especially portable. With nothing more than your body and a yoga mat, you can execute hundreds of exercises, from planks to lunges and yoga poses, safely and comfortably. Glazer encourages exercise using your own body as the gear, saying: "I personally believe that you can have incredibly effective workouts at home with your own body weight. Being a competitive gymnast my entire life, I know the importance, power and function our bodies have on their own." This yoga mat from lululemon has a moisture-absorbing top layer, a rubber base that prevents slipping and an antimicrobial additive that protects it from mold and mildew. Note: It's made with latex, so people with natural rubber or latex allergies should avoid use. Resistance bands let you challenge yourself as much (or as little) as you want. For an easier workout, go with less resistance. For a harder workout, switch to a heavier-duty band. To take it up even more, double the bands. "Resistance bands, sometimes referred to as 'booty bands,' are great for targeting the muscles in the glutes and hips that are underdeveloped from sitting at a desk all day," says Hirt, adding that "they can also be used to strengthen the upper body when anchored to another point of contact such as a door or under your foot."

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