

best at home workout gear

The pursuit of fitness has increasingly shifted towards home-based routines, making the selection of the best at home workout gear a crucial step for anyone aiming to achieve their health and wellness goals without leaving their living space. Having the right equipment can significantly enhance the effectiveness, variety, and enjoyment of your workouts, transforming any room into a personal fitness sanctuary. This guide will delve into the essential categories of at-home workout gear, from foundational items that support diverse exercises to specialized equipment that targets specific muscle groups or fitness modalities. We will explore resistance bands, dumbbells, yoga mats, jump ropes, and even more advanced options, all designed to maximize your fitness potential within the comfort and convenience of your own home.

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Essential Foundations for Home Workouts

Starting a home workout routine requires a few fundamental pieces of equipment that serve as the bedrock for a wide range of exercises. These foundational items are versatile, space-efficient, and can be used by individuals of all fitness levels. Investing in quality basics ensures longevity and a consistent experience, making your home fitness journey more sustainable and effective.

The Versatile Yoga Mat

A high-quality yoga mat is arguably the most crucial piece of gear for any home exerciser. It provides a cushioned surface that protects your joints during floor exercises like planks, push-ups, and sit-ups. Beyond cushioning, it offers grip, preventing slips and slides that can lead to injury. The best yoga mats are durable, easy to clean, and offer sufficient thickness for comfort without being overly bulky. Thickness typically ranges from 3mm to 10mm, with thicker mats offering more cushioning for sensitive knees and wrists.

Essential Resistance Bands

Resistance bands are incredibly versatile and portable tools that offer a full-body workout. They come in various resistance levels, from light to heavy, allowing for progressive overload as you get stronger. Resistance bands can be used for strength training, rehabilitation, stretching, and even to add an extra challenge to bodyweight exercises. They mimic the effects of weight training by creating tension that muscles must work against, promoting muscle growth and toning.

The Benefits of Jump Ropes

A jump rope might seem like a simple tool, but it's a powerful piece of cardiovascular equipment. Regular jumping can significantly improve heart health, burn calories efficiently, and enhance coordination and agility. Modern jump ropes often feature adjustable lengths and comfortable grips, making them suitable for a wide range of users. Speed ropes, weighted ropes, and beaded ropes offer different training experiences, from high-intensity interval training to strength-focused conditioning.

Building Strength and Resistance at Home

For those looking to build muscle, increase strength, or simply tone their physique, specific resistance equipment is indispensable. These tools allow you to control the intensity of your workouts and progressively challenge your body, leading to tangible results. From adjustable weights to dynamic resistance, there are many effective options available for home use.

Dumbbells for Targeted Training

Dumbbells are a cornerstone of strength training. They are effective for targeting specific muscle groups and can be used for a vast array of exercises, including presses, rows, curls, and squats. For home gyms, adjustable dumbbells are often the most space-saving and cost-effective solution, allowing you to change weights quickly without needing a full rack of individual dumbbells. Alternatively, a few pairs of fixed-weight dumbbells can suffice for many routines.

Kettlebells for Functional Strength

Kettlebells offer a unique training stimulus due to their shape, which centers the weight below the handle. This design makes them ideal for dynamic, compound movements like swings, snatches, and cleans, which engage multiple muscle groups simultaneously and build functional strength and power. Kettlebells are particularly effective for developing core strength and improving cardiovascular endurance.

Pull-Up Bars for Upper Body Development

A sturdy pull-up bar is an excellent investment for developing upper body strength, particularly

targeting the back, biceps, and shoulders. Doorway pull-up bars are a popular option for home gyms as they require no permanent installation and can be removed when not in use. For more advanced users, power towers offer a stable platform for pull-ups, dips, and other bodyweight exercises.

Cardiovascular Fitness Gear for Your Home Gym

Maintaining cardiovascular health is vital for overall well-being, and dedicated cardio equipment can elevate your home workouts. While bodyweight exercises and jump ropes offer excellent cardio benefits, specialized machines provide a consistent and controlled way to elevate your heart rate and improve endurance.

The Compact Exercise Bike

An exercise bike is a low-impact way to get a great cardiovascular workout. They are relatively compact and come in various forms, including upright bikes, recumbent bikes, and spin bikes. Spin bikes, in particular, offer a more intense and engaging cycling experience that mimics outdoor riding, often with features like adjustable resistance and customizable seating positions. They are excellent for burning calories and improving leg strength.

Treadmills for Versatile Running and Walking

For runners or those who prefer walking, a treadmill is a valuable addition to a home gym. Modern treadmills offer a range of speeds, incline settings, and pre-programmed workouts to keep your sessions varied and challenging. They provide a consistent surface for running or walking, unaffected by weather conditions. While treadmills can be larger, their benefits for cardiovascular fitness and calorie expenditure are undeniable.

Rowing Machines for Full-Body Conditioning

Rowing machines provide a comprehensive full-body workout that engages approximately 86% of your muscles. They are excellent for improving cardiovascular health, building strength in the back, legs, and arms, and burning a significant number of calories. Rowing machines are often praised for their low-impact nature and the rhythmic, meditative quality of the exercise.

Flexibility and Recovery Tools for Optimal Performance

Achieving peak physical condition involves not only strength and cardio but also focusing on flexibility and recovery. These elements are crucial for injury prevention, improving range of motion, and reducing muscle soreness. Integrating these tools into your routine will enhance your overall training effectiveness.

Foam Rollers for Muscle Release

Foam rollers are an essential tool for self-myofascial release, commonly known as foam rolling. By applying pressure to muscle tissue, foam rollers can help alleviate muscle soreness, improve flexibility, and enhance recovery. They are particularly effective for targeting tight spots and knots in larger muscle groups like the quads, hamstrings, and back.

Massage Balls for Targeted Relief

Similar to foam rollers, massage balls are used for targeted myofascial release. Their smaller size allows for more precise application of pressure to smaller or harder-to-reach areas, such as the feet, shoulders, and hips. They are excellent for working out trigger points and improving blood circulation.

Stretching Straps for Deeper Poses

For those looking to deepen their stretches and improve their flexibility, stretching straps are invaluable. These durable straps allow you to extend your reach, hold poses longer, and safely deepen stretches without overstraining. They are particularly useful for yoga and Pilates enthusiasts or anyone looking to increase their range of motion.

Smart and Connected Home Workout Technology

The integration of technology into home fitness has revolutionized the way we train. Smart equipment and apps provide personalized feedback, guided workouts, and data tracking, making home exercise more engaging and effective than ever before. This category of gear offers a dynamic and often motivating approach to achieving fitness goals.

Connected Fitness Mirrors

Fitness mirrors combine a sleek design with interactive technology. They offer live and on-demand classes led by professional instructors, displayed on a reflective surface. These mirrors often incorporate cameras and sensors to provide real-time feedback on your form and posture, helping you to perform exercises correctly and safely. They are a comprehensive solution for a variety of disciplines, from strength training and yoga to cardio and HIIT.

Smart Resistance Machines

Smart dumbbells, resistance bands, and even full home gyms are now available with integrated technology. These devices can track repetitions, set resistance levels automatically, and sync with

companion apps to log your workouts and progress. This data-driven approach allows for more precise training adjustments and helps maintain motivation by clearly visualizing improvements over time.

Wearable Fitness Trackers

While not strictly "workout gear," wearable fitness trackers are essential companions for any home exerciser. They monitor heart rate, sleep patterns, calorie expenditure, and activity levels, providing a holistic view of your health. Many trackers also offer workout tracking capabilities, allowing you to monitor specific exercise sessions and analyze your performance metrics.

Creating Your Ultimate Home Workout Space

Transforming a corner of your home into a functional and motivating workout area is key to consistent training. Careful consideration of space, organization, and the right gear ensures that your home gym is both practical and inspiring. The goal is to create an environment that encourages you to exercise regularly and feel good while doing it.

Organization and Storage Solutions

Effective organization is paramount in a home gym, especially in smaller spaces. Utilizing vertical space with shelving units or wall-mounted racks for dumbbells, resistance bands, and accessories can keep your area tidy and clutter-free. Having designated spots for each piece of equipment makes it easier to access what you need and helps maintain a sense of order, which can positively impact your motivation.

Flooring and Matting

Beyond a yoga mat, consider protective flooring for your home gym, especially if you are using heavier weights or engaging in high-impact activities. Interlocking rubber mats or durable gym flooring can protect your existing floors from damage, reduce noise, and provide a stable, non-slip surface. This not only enhances safety but also contributes to a more professional gym feel.

Setting the Atmosphere

The environment plays a significant role in workout motivation. Consider the lighting, temperature, and any accessories that enhance your experience. A good sound system for music, mirrors to check your form, and even plants can contribute to a more pleasant and encouraging atmosphere. Ultimately, your home workout space should be a place you look forward to spending time in, fostering a positive relationship with your fitness journey.

FAQ

Q: What is the most versatile piece of at-home workout gear for beginners?

A: For beginners, a high-quality yoga mat and a set of resistance bands are arguably the most versatile pieces of at-home workout gear. The yoga mat provides a comfortable and safe surface for a wide range of floor exercises, while resistance bands offer scalable strength training options for nearly every muscle group without requiring significant space or investment.

Q: How much space do I need for an effective home gym setup?

A: The amount of space needed varies greatly depending on the equipment. A dedicated yoga mat and resistance bands can fit into a small corner, perhaps 6x6 feet. If you're adding dumbbells, a jump rope, and perhaps a kettlebell, you might need closer to 8x8 feet. For larger items like a treadmill or exercise bike, a dedicated room or a larger section of a living space, around 10x10 feet or more, might be necessary.

Q: Are adjustable dumbbells worth the investment for a home gym?

A: Yes, adjustable dumbbells are often worth the investment for a home gym, especially if space is a concern. They allow you to change the weight quickly, offering a wide range of resistance for different exercises and progression, all within a single compact unit. This eliminates the need for multiple sets of fixed-weight dumbbells, saving space and often money in the long run.

Q: What is the best at-home workout gear for improving cardiovascular health?

A: For cardiovascular health, options include a jump rope for intense interval training, an exercise bike for low-impact cardio, a treadmill for running and walking, or a rowing machine for a full-body aerobic workout. The best choice depends on personal preference, joint impact considerations, and available space.

Q: How can I stay motivated to use my at-home workout gear regularly?

A: Staying motivated can be achieved by creating a dedicated workout space that you enjoy being in, setting realistic goals, tracking your progress, varying your workouts to prevent boredom, and finding online communities or workout apps that offer guided sessions and social support. Having the right gear readily available also reduces the friction to starting a workout.

Q: Is it necessary to have a wide variety of equipment for an effective at-home workout?

A: No, it is not necessary to have a wide variety of equipment. You can achieve a very effective full-body workout with just a few versatile pieces like resistance bands, dumbbells, and a good mat. The key is to learn how to use the equipment you have effectively and progressively challenge yourself.

Q: What are some budget-friendly at-home workout gear options?

A: Budget-friendly options include resistance bands (loop bands, tube bands), a basic jump rope, a yoga mat, and perhaps a single pair of lighter dumbbells or kettlebells. Many effective bodyweight exercises require no equipment at all.

Q: How do I choose the right resistance bands for my home workouts?

A: When choosing resistance bands, consider the types available (loop bands, tube bands with handles, therapy bands) and their resistance levels. It's often best to start with a set that includes multiple resistance levels so you can adapt to different exercises and your own strength progression. Reading reviews and considering the intended use for your workouts will help guide your selection.

Best At Home Workout Gear

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sturdy ground, what is going to do this for you is an in home workout program. Home workout for beginners:

- Is accessible for anyone who wants to workout at home, in the office or even travels
- Uses minimal workout equipment
- Is an easy to start and follow guide for basic fitness that is extremely effective
- Is a progressive workout routine designed for fast, sustainable results in weight loss and muscle tone
- Is designed with whole body progression in mind
- Has a focus on longevity and the importance of planning and mind-set to guarantee your success
- It could make all the difference and it could be your missing link?

Home workout equipment for men. The alarming fact is that many people who do completely nothing to improve their body shape. This is a very serious problem. It is a very serious problem mainly for them. Do they expect to stay fit? How do they expect to be in shape if they do not work out at all? They just need to change their everyday routine. Some exercise will be necessary.

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Individuals::: David Bonney, 2025-06-24 Easy Home, Non-Equipment Workouts for Busy Individuals::: The Best HOME WORKOUT Techniques for Cardio, Stretching, and Weight Training [Easy Exercises to Improve Stability, Stay Fit, and Build Muscles.] Have you ever wished you knew how to workout at home with no equipments, but had no idea where to start? In this book, we will embark on an exciting journey, exploring the realm of easy home workouts tailored specifically for busy individuals like you. Life can get hectic, and finding time for the gym might seem like an impossible task. But fear not, because we've got you covered with a comprehensive collection of unique chapters, each designed to fit seamlessly into your daily schedule. Here Is A Preview Of What You'll Learn... The Power of 10-Minute Workouts Designing a Home Workout Space Mastering Bodyweight Exercises Interval Training for Maximum Efficiency Core Strengthening Exercises for Busy People Quick Cardio Blast Routines Yoga for Stress Relief and Flexibility High-Intensity Tabata Workouts at Home Incorporating Resistance Bands into Your Routine Circuit Training for Full-Body Workouts Plyometric Exercises for Explosive Power Dumbbell Workouts for Strength and Toning Incorporating Jump Rope into Your Cardio Routine Stability Ball Exercises for Core Strength Pilates for Posture and Stability And Much, much more! Take action now, follow the proven strategies within these pages, and don't miss out on this chance to elevate your mindset to new heights. Scroll Up and Grab Your Copy Today!

best at home workout gear: *Home Workout: Best Home Exercises for Your Body Fitness and Strength Training (Loose Weight Easily Without Leaving Your Home)* Gloria Caudill, 2021-11-23 The convenience of exercising at home allows you to work out whenever and however you want. It not only saves time but is also a cost-effective solution. Obviously, if you have enough space and money isn't an issue, a stylish home gym can be a fantastic option. Even if you only have a few resources and a small amount of space, you only need a few essentials. This book will help you to achieve the followings in the shortest period of time:

- Body fitness you wish to have.
- No-equipment exercises you can do at home.
- How to lose weight fast without any equipment.
- Kind of exercises that fit in the kind of body structure you wish to have.
- Different kind of workouts exercise you can achieve at home without going to gym center.
- Home workouts that will rehabilitate your body.
- Tips on home workout exercises.
- A lot more.

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best at home workout gear: [Home Fitness Regimen Training Guide](#) Shawn Burke, 2021-01-17 Do you want an easy and affordable option for your daily fitness schedule? If you think maintaining fitness starts and stops at the gym, you need to think again. While going to those establishments is all well and good, they're not the be-all and end-all when it comes to keeping physically (at times, even mentally) fit. Sure, they have the fancy equipment, the trainers who can keep you on track, and other amenities to make working out a luxurious experience. But at the end of the day, what's most important is you and how you feel. And you can keep fit just as well at home as you do in any gym. Finding Time For Fitness Is Never Easy, But Home Training Could Provide The Answer! From assembling a few pieces of basic training equipment, to setting up a complete gym in a room in your house, at-home workouts could be the key to your fitness. Discover How To Incorporate Home Fitness Programs In Your Daily Routine To Lose Weight, Get Fit And Look Good Right From The Comfort Of Your Home!!! So, here's what you are going to discover in this Advanced "Home Fitness Regimen" Info Course: A General Overview About Home Fitness Regimens Find Out How To Create Your Awesome Home Gym Explore How Muscle Growth Works Discover Everything About Using Intensity Techniques to Unlock Your Full Potential Find Out About Training Your Legs At Home Know Everything About Bodyweight Training and How to Learn Incredible Beast Moves Find Out About Introducing Cardio and Weight Loss Discover The Last Piece of the Puzzle - Diet Find Out All About The Benefits of Staying Fit Discover All About Doing It For Yourself And So Much More... Finding Time For Fitness Is Never Easy, But Home Training Could Provide The Answer! From assembling a few pieces of basic training equipment, to setting up a complete gym in a room in your house, at-home workouts could be the key to your fitness. Home Fitness entails exactly what it implies: executing your personal fitness routine while at home using a variety of different techniques. Home fitness has been in our lives for decades - and it's taken on a new role since the Covid-19 pandemic closed gyms around the world. Whether it's a yoga class on Zoom or panic-buying a Peloton, many of us are trying to find ways to exercise effectively within four walls. Whether you are looking to improve your cardiovascular system, lose weight, gain lean muscle mass, or just stay active, in-home training has a place in your life. And the benefits of staying fit are no secret: Improvements in cardiovascular and respiratory health, better regulation of blood sugar, the potential to reduce or eliminate prescription medications (such as for diabetes or blood pressure), weight loss, reduction in cancer risk, and improved musculoskeletal strength are some of the better-known. But when you're working out at home, you're responsible for the whole plan: What exercises should you do? How many reps of each? How often should you rest? Are you feeling a cardio workout? An upper-body workout? Or do you want to fit in a total body workout instead? For many of us, answering all these questions is an added stress we'd rather avoid right now. And the good news is that's something you can avoid—without skipping your workout. We are about to show you an immaculate at-home workout program that take the guesswork out for you and will give you the whole exercise plan.

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guide to help you tap into the massive earning potential of affiliate marketing. Whether you're new to online business or have been searching for ways to earn passive income, this book breaks down the entire process in simple, actionable steps. Inside, you'll discover: - How Amazon's affiliate program works and why it's the easiest way to get started in affiliate marketing. - A step-by-step guide to setting up your affiliate site, from choosing your niche to launching your first post. - Proven strategies for driving free traffic to your website and converting visitors into buyers. - Real-world tips for scaling your business into a full-time income with minimal effort, even if you're just starting out. - Simple tweaks to boost conversions, improve your content, and increase your sales, even if you're a complete beginner. This book takes the complexity out of affiliate marketing and gives you a clear roadmap to follow, making it easier than ever to build and grow your affiliate business. No need for prior technical knowledge—just follow the steps, avoid common mistakes, and start earning. If you're serious about building a profitable online business and earning money while you sleep, this guide is for you. Take the first step today and turn your dreams into a reality with Amazon Affiliate Marketing.

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best at home workout gear: *Fit Body Roadmap* Shawn Burke, 2020-03-20 Good Health is the Best Wealth Bodybuilding is probably the most trending yet healthiest activity that any millennial can perform. Among many things that people want in their life, building muscles and gaining strength is on the top priority due to the look good factor . Gaining muscles is not just an indicator of strength but also an overall fitness of the body. Studies show that with one-third of world's population is considered obese and 75% of them are considered to be overweight in some way, then there is a conscious effort amongst a majority of the population to change their lifestyle and get back into shape. According to a research, the average amount of time spent exercising each day, for those aged over 15 who exercise regularly, is between 30 and 59 minutes. Less than 5% of adults participate in 30 minutes of physical activity each day and only one in three adults receive the recommended amount of physical activity each week. 1 in every 7 people is a member of a gym. More than 80% of adults do not meet the guidelines for both aerobic and muscle-strengthening activities, and more than 80% of adolescents do not do enough physical activity to meet the guidelines for youth. The membership dropout rate within the first eight weeks of joining a gym is about 80%. Many people are fumbling with gym equipment, training sessions, personal trainers, supplements to get the lean, toned and desired muscular physique. But what they lack is the right guidance and knowledge it takes to achieve their physical goals. And due to this, they are spinning in the vicious cycle of so-called trainers, supplements, and steroids only to gain no results...yet now we have the - *Fit Body Roadmap* Your path to a body so fit you feel like you can do everything you want with strength and sexiness A comprehensive guide that will empower you with the latest, updated, and effectual strength and muscle building tips and techniques to overcome all the barriers in your journey and establish yourself as a fitness authority for either gender Learn everything you need to know to get yourself on the path of Fitness, Happiness, Beauty, Strength, Muscular Physique, Long-term Customers and the Bucket-loads of Profits... Both Online and Offline Marketers Can Make a Killing Using this Miraculous Info product!

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best at home workout gear: *Circuit Training Benefits* Ava Thompson, AI, 2025-03-14 Circuit Training Benefits offers a deep dive into circuit training, a versatile exercise method blending

strength training and cardiovascular workouts suitable for all fitness levels. This book highlights how strategically combining resistance exercises with aerobic activities can lead to efficient and adaptable workout routines. One intriguing fact is that circuit training's origins date back to the mid-20th century, initially used in athletic training and rehabilitation, showcasing its long-standing effectiveness. The book progresses by first introducing the core principles of circuit training, then guiding readers through customized program design for goals like weight loss or muscle gain. It emphasizes the scientific evidence supporting circuit training's benefits, such as improved cardiovascular health and muscular endurance, supported by research findings and practical examples. This approach challenges conventional workout routines by presenting a more integrated and efficient training paradigm, making it a valuable resource for anyone seeking to optimize their fitness.

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best at home workout gear: *The Best of Me* Elisabeth Barrett, 2016-01-05 In the follow-up to *Once and Again*—hailed by bestselling author Claudia Connor as “a beautiful second-chance love story”—Elisabeth Barrett returns to the Briarwood, an unforgettable place where legacy and longing make dreams come true. Jane Pringle never meant to fall for her boss. After landing a job as a pastry chef at the exclusive Briarwood Golf and Yacht Club in Eastbridge, Connecticut, she just wants to keep her son in a good school district and find some peace and quiet, far away from her manipulative ex-husband. But when Briarwood's charismatic co-owner takes an interest in her, Jane's best-laid plans go awry . . . in the sweetest way possible. Rich and handsome, the grandson of one of the most powerful men in New York City, Preston North hasn't lived quite the charmed life everyone believes. His family taught him everything he needs to know about betrayal—and Press wants no more of it. What he wants is Jane. The gorgeous single mom is selfless and kind, plus she's got a backbone. To win her trust, Press just needs to shake off his playboy reputation. They've each been burned in the past. But now Press and Jane will have to choose between letting their fears get the best of them . . . or breaking free and following their hearts. Praise for *The Best of Me* “Elisabeth Barrett takes readers on a real—and sexy—emotional journey without ever losing sight of the good

in people or the sweetness of family, friends, and community.”—Serena Bell, USA Today bestselling author of the *Returning Home* series “Humor, flirting, and sizzling sex give Preston and Jane an opportunity to move beyond their pasts.”—Library Journal “As Preston and Jane begin to fall in love, they have genuine reasons to worry about the stability of their relationship, and Barrett gives them both a degree of emotional intelligence and a good set of priorities.”—Publishers Weekly “[A] wonderful author whose characters come to life page by page.”—Fresh Fiction “A heartwarming and romantic story of a single mom not just trying to make it on her own but succeeding . . . a wonderful, emotion-filled path to happily ever after.”—FicCentral “I loved how both characters were portrayed, highlighting the best of them without overlooking their flaws. The romance was wonderful and the challenges they both faced were realistic and expertly woven into their relationship development. I really enjoyed this story and am very much liking the direction of this series.”—The Book Nympho “This book has very developed characters and I loved reading their story.”—Pages of Comfort “[A] rather edgy environment, with lots of high emotions, broken people, and one little boy in the midst of them.”—Books and Spoons Includes an excerpt from another Loveswept title.

best at home workout gear: *Body Panic* Shari L. Dworkin, Faye Linda Wachs, 2009-02 In this, the third volume of an interdisciplinary history of the United States since the Civil War, Sean Dennis Cashman provides a comprehensive review of politics and economics from the tawdry affluence of the 1920s through the searing tragedy of the Great Depression to the achievements of the New Deal in providing millions with relief, job opportunities, and hope before America was poised for its ascent to globalism on the eve of World War II. The book concludes with an account of the sliding path to war as Europe and Asia became prey to the ambitions of Hitler and military opportunists in Japan. The book also surveys the creative achievements of America's lost generation of artists, writers, and intellectuals; continuing innovations in transportation and communications wrought by automobiles and airplanes, radio and motion pictures; the experiences of black Americans, labor, and America's different classes and ethnic groups; and the tragicomedy of national prohibition. The cast of characters includes FDR, the New Dealers, Eleanor Roosevelt, George W. Norris, William E. Borah, Huey Long, Henry Ford, Clarence Darrow, Ernest Hemingway, Scott Fitzgerald, W.E.B. DuBois, A. Philip Randolph, Orson Welles, Wendell Willkie, and the stars of radio and the silver screen. The first book in this series, *America in the Gilded Age*, is now accounted a classic for historiographical synthesis and stylistic polish. *America in the Age of the Titans*, covering the Progressive Era and World War I, and *America in the Twenties and Thirties* reveal the author's unerring grasp of various primary and secondary sources and his emphasis upon structures, individuals, and anecdotes about them. The book is lavishly illustrated with various prints, photographs, and reproductions from the Library of Congress, the Museum of Modern Art, and the Whitney Museum of American Art.

best at home workout gear: Expect the Best Elizabeth M. Ward, Academy of Nutrition and Dietetics, 2017-03-28 Completely updated and revised with the latest guidelines for nutrition and lifestyle before, during, and after pregnancy. *Expect the Best* is a comprehensive guide for new and future parents that answers the most frequently asked questions about nutrition and lifestyle habits from preconception to post-delivery. This second edition translates the latest research and expert recommendations about how to have the healthiest baby possible into clear and concise advice without preaching, and includes a wide range of topics, such as: the healthiest lifestyle for fertility (including for dads-to-be!); calories and weight gain throughout pregnancy and after delivery; important vitamins and minerals and how to include them in your eating plan; what, and how much, exercise is best before, during, and after pregnancy; keeping food safe, and foods to avoid during pregnancy; how to manage morning sickness, gestational diabetes, and more; and what to eat when breastfeeding This book provides easy-to-follow sample meal plans, and an expanded recipe chapter features more than 60 simple, nutritious recipes, including vegetarian, gluten-free, and dairy-free options. This complete resource supplies what you need to make the best choices throughout your entire pregnancy journey!

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stuck in a rut is dragged by her grieving grandmother to hike the Inca Trail – but can a holiday heal heartbreak, or will long-held secrets tear them apart? A heartwarming novel from the acclaimed author of *Someone Else's Bucket List*. Heather Russo is miserable – work is non-stop, and her love life is in tatters. But she's not the only one struggling. Her mother, Sandy, is finally separating from Heather's womanising father, while her grandmother, Bonnie, is grieving her third husband by carrying his urn everywhere she goes... even the supermarket. Sick of everyone's moping, Bonnie plans a surprise girls' trip: they're going to hike the Inca Trail to Machu Picchu! Heather is a reluctant hiker – until she meets charming Owen on the trail and things start to get interesting. Of course, that's when Bonnie decides to share some long-held secrets that just might send them all over the edge. With every twist in the trail, Heather learns more about her family – and herself. And as her time with Owen becomes precious, she's forced to reconsider what she really wants.

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