Kickstart your... at-home gym

Spend a fortune on subscriptions but never make it to the gym? Stock up on some space-friendly fit kit to create your own, exclusive workout space.

**Kit list**

- **OmegaFlex**, £11.95 for 60
  Glucosamine and omega-3 supplements for supple joints.

- **Hand Weights**, from £3
  Chin and sleek, from 0.5kg to 4kg.

- **Ab Roller**, £12
  Casall
  Roll your way to a toned tum, pads included for comfy knees.

- **Kettlebell**, £12.95
  Reebok
  Get in the swing with strength, cardio and flexibility training.

- **Yoga Bag**, £40.95
  Aqoy
  Fits mat, trousers and tee, plus has a zipped inner pocket.

- **Beet It Stamina shot**, £1.79
  Holland & Barrett
  Beetroot boosts endurance.

- **Hand Weights**, from £3
  John Lewis
  Chic and sleek, from 0.5kg to 4kg.

- **Knock Out Abs Set**, £59.95
  DW Sports
  Crunch and punch for a taut tum.

- **Thigh Toner**, £10.16
  Everlast
  Work that wobble watching TV.

- **Water Purifier**, £33.74
  Pure Hydration
  Makes stream water safe.

- **Solar Dab Radio**, £81.65
  Roberts Radio
  Sun + music = fun workout.

- **Exercise Ball**, £25
  Sweaty Betty
  Your multi-tasking fitness friend.

- **Oxygenates Soap**, £18
  Cleanse and hydrate skin naturally with essential oil of grapefruit.

- **Foam Roller**, £34.99
  Stott Pilates
  Boost your planks and push-ups.

- **Scales**, £79.99
  Seca
  The numbers don’t lie on this classic, oversized dial.

- **Top**, £50
  Sweaty Betty
  Look cool, stay cool in this soft compression tee.

- **Hyper Tr Shoe**, £65
  Nike
  Run free with this flexible barefoot-style for all surfaces.

- **Digital Speed Rope**, £10
  Fitness Mad
  Counts skips and calories burned.

- **Yoga Bag**, £40.95
  Aqoy
  Counts skips and calories burned.

- **Meditation Cushion**, £20
  Yoga Matters
  Relax in the Corpse in comfort.

- **Iron Treadmill**, £599.99
  Reebok
  Folds away when you’ve finished.

- **Massage Balls**, £3
  Fitness Mad
  Tingle out the tension.

  HMV
  Hone with high-speed hip-hop.

- **Ocado Miravina Soap**, £18
  Cleanse and hydrate skin naturally with essential oil of grapefruit.

- **Iron Girl**, £49.99
  Powerbreathe
  Improves your lung power.