

# Cultural Daily

Independent Voices, New Perspectives

## 5 Ingenious Pieces Of Compact Exercise Equipment

Our Friends · Thursday, August 11th, 2022

Having enough space for your gym equipment at home can be a struggle, especially when you need multiple pieces to get your workout done. Whether you need a treadmill or a full on squat rack area, trying to fit it all into your house can be especially tricky. Searching for [compact workout equipment](#) might seem like an impossible task, but it's actually quite easy when you know what to look for. Here are 5 ingenious pieces of compact exercise equipment that won't take up too much space in your home, but still enable you to get the best workout possible.

### 1. BodyBoss 2.0 Portable Gym

If you're interested in the world of weightlifting, then the BodyBoss 2.0 Portable Gym is the compact solution for you. With a flat base board to stand on and resistance bands that can be used in a number of ways to help you maintain excellent form and workout easily at home. The bands can be pulled in all different ways allowing you to complete actions like shoulder press, bicep curls, and squats. There's even clip on attachments that actually make it feel as though you're using dumbbells! The bands themselves can offer you up to 30 pounds of resistance each, making it ideal for people of all differing abilities. When it's not in use, it folds up into the base and weighs no more than 18 pounds. This means you can simply pack it away when you're done and store it away without having to struggle to move it alone. The BodyBoss 2.0 also comes with loads of instructional videos that you can follow along to learn how to use it properly. This way you'll reduce the risk of injury and maintain proper form throughout.

### 2. Oyo Personal Gym

Bow-shaped frames are one of the most common types of compact gym equipment on the market, and the Oyo Personal Gym is no exception. Using a resistance and pulleys, this interesting piece of equipment can give you up to 25 pounds of weight to work with while only weight 2 pounds itself. It's only 56 inches long when unfolded, making it 28 inches when folded up and extremely easy to store. The design of the Oyo is to help with lightweight exercise, and provide you with a small, but powerful piece of kit to do it with. When you use it, the motion is very similar to using free weights like dumbbells, so if you aren't too keen on resistance bands, it can be a great option. The brand themselves also have hundreds of workout videos available so you can follow along with them and learn how to use it. This extremely portable piece of gym equipment can be used at home or even brought to the gym and used alongside your regular routine.

### 3. Total Gym XLS

Being able to exercise your whole body at home can be quite tough, but the Total Gym XLS does it all for you with ease. This innovative machine is only 90 inches by 19 inches when completely set up, making it a great option for those who need to bring the gym home with them. The Total Gym XLS works by using pulleys to lift percentages of your own body weight, helping to tone and work your muscles. You can incline the weight too, so you can make your workout as intense as you like. It comes with handles and straps, leg-pull attachments, and even a Pilates kit. This machine boasts up to 80 different exercises, so you'll never be short of ideas for your workouts!

#### 4. **Sunny Folding Treadmill**

If you're after a treadmill, then you can't get more compact than the Sunny Folding Treadmill. Being able to completely collapse it so that it's almost flat means you can easily store it under the bed or in cupboards when not in use. With an impressive top speed of 9mph, the Sunny Folding Treadmill is ideal for runners of all abilities. When it's set up it only takes up 1,701 square inches of space on the floor, allowing you to pop it wherever you need it without having to move furniture about to try and get it to fit. It can also fold vertically so you can simply lean it against the wall or keep it upright in a cupboard. So, if you're looking for the best compact treadmill, then you need to check out the Sunny Folding machine.

#### 5. **Stamina Inmotion E1000 Compact Strider**

The smallest piece of gym equipment on this list, the Stamina Inmotion E1000 Compact Strider is only around a foot tall and only a little bigger than a basketball. With foot pads for you to place your feet on, you can pedal forwards and backwards to really work out your leg muscles. Thanks to its compact size, you can even keep it under your desk and use it while you work! Although it will give you a good work out, it's not too high of an intensity that it will completely wear you out. It's actually even possible to use it standing up, so if you don't want to be sat down while exercising, you aren't limited. It only weighs 24 pounds too, so it's not too heavy to transport between rooms. There's also a dial that allows you to control the resistance of the pedals, so you can whack it right up if you want to truly exercise your legs. Such a quiet, small exercise machine would be perfect for any home gym bunny.

Getting a full workout at home doesn't have to mean you have to pile up dumbbells and different machines around you. Not having much space isn't a limiting as it once was as more exercise companies are now designing compact equipment to suit all sorts of homes. If you're looking for the best home gym equipment that won't take up all the room in your house, then why not check out the ones on this list. You'll definitely be able to find something that suits your needs and helps get your fitness in check without draining your home of space!

*Photo by [Humphrey Muleba](#) on [Unsplash](#)*

This entry was posted on Thursday, August 11th, 2022 at 11:43 am and is filed under [Check This Out](#). You can follow any responses to this entry through the [Comments \(RSS\)](#) feed. Both comments and pings are currently closed.

