

## **A Look Inside the Atlas Home Gym**

- 1) **Floor Mat:** \$10 - \$30, a must for any home gym.
  
- 2) **Nylon Stretching Strap:** \$9 - \$20, great for stretching yourself to increase flexibility.
  
- 3) **Beaded Jump Rope:** \$6 - \$20, the most economical piece of cardio equipment.
  
- 4) **Resistance Bands:** \$12 - \$38, limitless exercise variations & perfect for traveling.
  
- 5) **55cm Exercise Ball:** \$20 - \$40, awesome for stretching & ab/back exercises.
  
- 6) **Dumbbells (3 - 50 lbs.):** \$200 - \$500, endless exercise applications.
  
- 7) **Ab Wheel:** \$8 - \$40: simple, yet tremendously effective for building core strength.
  
- 8) **FREE Treadmill:** OK here is my secret to finding free exercise equipment. Billions of dollars are spent every year on all types of exercise equipment. Most of these items become expensive clothes racks, garage sale inventory, church donations, or space wasters. So, here is how you can take advantage of this. Start asking your friends, family and co-workers if they know anyone who wants to get rid of some exercise equipment & tell them you are planning on starting an exercise program. I'd be very surprised if you don't have several people offering their equipment to you for free, as long as you find a way to get it out of their house. At this point, you rent a U-Haul for \$20, grab a few of your friends and go get your free equipment. Don't be afraid to ask around, you'll be doing the earth a favor (by preventing the equipment from ending up in a landfill) and you'll be helping a friend get something they don't want out of their house.

## **My Secret List of Most Trusted Websites**

- 1) [www.ConsumerLab.com](http://www.ConsumerLab.com) – This site is run by an independent nutritional supplement testing laboratory. All of their results and reports are unbiased, simple to understand and extremely helpful. Some info is free. Most is only accessible with a \$25 annual membership fee. A small fee for the great info they provide. Pull out your vitamins and supplements & see how they stacked up under ConsumerLab's testing procedures.
  
- 2) [www.SupplementWatch.com](http://www.SupplementWatch.com) – This is one of my closely guarded favorites. Go here to see which companies have been sued, fined or closed down as a result of shady manufacturing and fraudulent marketing. Some info is free and certain levels of access are available at various price levels.
  
- 3) [www.DietFraud.com](http://www.DietFraud.com) – An awesome site for knowing which diet companies are run by scam artists and which products are nothing more than modern day snake oil potions. You will also read about lawsuits, etc. against these companies and the people that run them.
  
- 4) [www.cpsc.gov](http://www.cpsc.gov) – This is the official site of the Consumer Product and Safety Commission. I use this one to learn about exercise and fitness equipment recalls and lawsuits. So far this is the best one for this specific purpose. Go here before you buy any piece of equipment and check the most recent recalls or lawsuits.

**www.JoeyAtlas.com**