

# Exercise Equipment Swaps

**You don't need a gym membership to get a great workout.** Here are some ideas for common household items that can be swapped into any workout! Instead of traditional workout equipment, try these alternatives.

- **Weights/kettlebells.** Create your own weights using water bottles, canned goods, milk jugs, laundry detergent jugs, or fill a reusable grocery bag with anything heavy!
- **Weight bench.** Use a chair, firm couch, low sturdy tables, ottoman, or stairs to use in place of a weight bench.
- **Sliders.** Use anything soft or without too much grip, such as towels, fuzzy socks, paper plates, or pillows.
- **Yoga mat.** Create your own soft surface using a bath towel or blankets.
- **Balance disk.** You can do a balance disk exercise routine using a couch, bed, or firm pillow.
- **Resistance bands.** Try using a robe tie, old t-shirt, or bungee cord.

You can use common household items for your workout!



Source: University of Illinois Extension.  
Eat. Move. Save. <https://eat-move-save.extension.illinois.edu/move/ideas-get-active/equipment-swaps>

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