



8 THINGS YOU CAN'T GET FROM A HOME GYM

When it comes to getting the most out of your workout there is no better place than a physical gym. Here are 8 things you can't get from a home gym.

by Paramount Acceptance

1 VARIETY OF EQUIPMENT

A top benefit of a gym is that it offers many types of high-quality fitness machines and equipment far beyond what a home gym could offer you. It would be nearly impossible to have the same range of machines in your home.

2 FITNESS CLASSES

Members gain the excitement, accountability, and energy of fitness instruction through an in-person class rather than working out in your living room.

3 PERSONAL TRAINING

It's not the same to get personal training over the internet. It's more effective to have a qualified professional see your position and guide you in person.

4 THE GYM ENVIRONMENT

It's nice to go to a place away from home where everyone is focusing on health and fitness. At the gym, you can enjoy the environment and everything it includes, such as friendship, fitness classes, and more.

5 SOCIAL COMRADERY

Working out from home doesn't provide you in-person connections. A visit to the gym puts you in touch with a community of people that think like you.

6 MOTIVATION

At home, it's easy enough to skip the workout you had planned and be distracted by something else. Instead, going to the gym puts a focus on fitness and helps you stick to your goals.

7 ACCOUNTABILITY

Even if you do get yourself to work out at home, it's easy to put in a mediocre performance. You might not push yourself to the max or finish a full workout. The gym environment can get you to put in the extra effort.

8 A STRUCTURED SCHEDULE

At home, it can be simple to lose a firm sense of time and place, especially within a work-from-home life. The gym offers set time frames for classes and training sessions, which can help with scheduling.

