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10 Products To Get You Excited About Working Out At Home

By [SUZANNE MCKENZIE](#) | May 20, 2020 | [f](#)



A mere few months ago, I considered working out to be a hobby. Like cooking a good meal or diving into a new mystery novel, it was something I looked forward to. A couple times a week, I'd schlepp a tote bag with my sneakers and leggings on my commute into Manhattan, and spend the evening (or when I was feeling *especially* ambitious, the early morning), running, planking, or flowing to my heart's desire.

Fast forward to today: fitness studios are shuttered (albeit temporarily), the subway is something to be avoided, and crowded parks no longer seem like the *most* ideal spot for my after-work jog. After a few weeks of working from home – and not working out at all – it was clear that something had to change. Random aches and pains were popping up out of nowhere, and I started waking up feeling stiff instead of refreshed.

So I made the decision to start taking my at-home fitness routine seriously – or more accurately, *actually start* an at-home fitness routine. And like with any other hobby, the first step was scouring the internet for the supplies I needed. As I searched, it became clear to me that the right equipment – whether that means a zen candle or a set of neon hand weights – makes all the difference when it comes to my ability to stay motivated during this weird time.

Here are 10 products I found that can help turn exercising in your living room into something you'll actually look forward to.

8. A Mist Made For Refreshing

Spritz your space (and your face!) with this therapeutic-grade mist made from pure essential oils to add a touch of luxury pre- or post-workout when you need it most.



Rise Everything Mist

\$40 | The Well

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