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Build Your Own Home Fitness Gym

Today, more and more people are becoming conscious of their figure. But because they're so busy running their lives and their businesses, they don't have the time for workouts. Although local gym membership is very accessible and provides all the needed equipment for workouts, still conflict arises. It can include adjusting to the gym's opening times, stress of traveling from your home to the gym, and pressure on the weather condition.

In case you are facing this difficulty, consider building your own home gym to achieve your fitness goals and keep you in shape. There are various ranges of exercise equipment you can utilize at home. Time and weather conditions are not a problem anymore. You can do your exercise within your own set schedule. But the question is what equipment are you going to buy?

If you are starting out your venture, or becoming active again after a long break, it is advisable not to pursue your home gym. Instead you must enroll at a local gym within a short period of time. It can help you check out a number of fitness equipment available in the market today. You can ask your fitness instructor about its advantages and disadvantages and how the equipment can meet your fitness needs. Thus, you can list down the equipment that you will purchase for your home gym.

If weight training is your main focus, then the first step is to purchase a set of weights. You can buy free weights which are less expensive. The prices can be as low as \$50 or lower. But you need a combination of weights weighing 4.5 kg (10lb) and 9kg (20lb) which is a hand-held dumbbell with a bar. The end of this bar is replaceable with other weights for more flexibility. There are different types of bars. But it is up to you to choose whether you are going to use the plastic or metal weights. Metal weights are the traditional weights used even before but plastic weights are more modern and often are sand-filled weights.

You can consider weight machines if you want to work out specific groups of muscles including the biceps, deltoids, and quadriceps in a safer way. Moreover, free weights cannot provide good workouts for the hamstrings and calves muscle groups. However, you need to pay the price of a weight machine. Costs and configurations may widely vary from a simple resistance machine, to an adjustable, multi-stationed weight stack. You can spend hundreds or thousands of dollars.

A stair stepper is another popular alternative. A simple stair stepper model can offer you a better cardiovascular workout and low impacts on your joints when exercising to build your calves and thighs. This machine is also a space saver and can cost from \$80 to \$150. A more complex stair stepper has adjustable speed, resistance level, speed, pedal distances and more. It also includes an HRM (heart rate monitor) as well as digital readouts for distance climbed, calories burnt, and speed. It can cost \$1,700 to \$2,000. Treadmills are good workouts machines too for your home gym. The prices depend on the types, models, brand, and features.

Building your home gym will cost you money. However, it is worth investing to meet your fitness needs.

Home Fitness Equipment: What Exercise Equipment You Should Choose

Today, increasing numbers of people are not getting more and more concerned about their physical health. Because of the increasing numbers of cases of heart related diseases, diabetes, and obesity, you have the right to be concerned about your physical well-being. This is why many people are now enrolling in gyms and are now starting working out as part of their daily routines to get and maintain a healthy body and healthy heart.

Besides, through exercising, you will not only have a healthy body and healthy heart, you will also obtain a great looking body that you can be proud off. In fact, many people exercise in order to have a better looking body. You can never deny the fact that a good looking and muscular body produces more sex appeal and is considered to be more attractive than having that extra flab or too thin. Having a great looking body also produces indirect benefits to you, such as having more self-confidence and a significant increase in self-esteem.

Health benefits and physical appearance are the two main reasons why more and more people are considering working out. However, what if you find working out in the gym boring or embarrassing. Many people get insecure about working out in public and for this reason they simply don't continue their workout routines at a gym.

Remember, you can still workout even if you don't go to the gym. The machines you see at the gym can be obtained at a very affordable price. There are home fitness equipment that you can purchase and use right in the comfort of your own home. Home fitness equipment can work wonders for you and get that great looking body that you have always wanted of having. Most home fitness equipment available today is designed to be compact to suit small homes, even an apartment. It can be folded and stored neatly when not in use and it can provide that same high quality workout that you would get in a gym.

If you are a full time parent where you always need to keep a constant lookout on your kids, you can consider getting home fitness equipment where you can both take care of your body and watch your kids. You will also enjoy your workouts because you can watch your favorite TV shows while you work out.

These are some of the home fitness equipment available in the market today. With the right home fitness equipment, you will be able to get a high quality workout and get that healthy and great looking body you have always wanted.

Things to Consider When Buying Home Fitness Equipment

There are a hundred lots of home fitness equipment nowadays that are sold in the market. Do not make the mistake in buying something and then regretting why you bought it after a day or two. Home fitness equipment varies and you should always have one good reason to buy it. Don't believe everything commercials tell you about the equipment. Some equipment may seem easy to use on television but in fact will not really work for you. Try to ask yourself first of these questions before you grab your wallet and buy that equipment.

1. Do you need it?

The equipment should suit your interests and needs. The activities that you will do with that equipment should be challenging and something to enjoy on. Buying equipment is never a guarantee that you will use it especially if it is something new that makes it harder to use. Make sure that you already know the equipment and that it is something that you already tried in a fitness club. Start from buying small equipment that is aligned to your interests.

2. Can you afford it?

Don't be fooled with the thought that you will be forced to use something because you spent too much money for it. Expensive equipment is never an assurance that you will use them or that they are effective for you. Always consider how much you are willing to pay for certain equipment. Also ask yourself if it is worth it. Always check on the quality before you buy equipment. The price may be too low but consider that the quality can also be low. Or it may be expensive but then the quality is not that good. You can try choosing on cheaper alternatives but not sacrificing the quality of the equipment.

You may also want to check out for some used equipment. Most of the time, this is where you find a better deal. You can even find equipment that does not seem to have been used at all. Or you can find the equipment 3 months old but the price is almost half the original.

3. Do you have enough space for it?

This is often what buyers forget to consider. Before you buy something, make sure you know where you will place it. Your place may not accommodate the equipment. Plan ahead and make sure that the equipment can be placed in your home without causing any hassle.

4. Is it safe for you?

If you have existing conditions, be sure to check with your doctor to make sure that the equipment will be safe for you. Some equipment may be painful to use and might cause harm to your body. So make sure to try it first before you buy it.

It also suggested that you first consider if a gym near you already has that equipment. You can save money by just registering to that gym and use that equipment compared the price you will spend if you will buy that product.

Buying fitness equipment should be bought with consideration. Do not buy by impulse. Always ask the opinion of a professional gym instructor before you buy something.

Fitness Equipment: The Different Fitness Equipment for Your Body

Today, more and more people want to have a great looking body for different reasons. Some people want to have a great looking body in order to attract the opposite sex, some want to have a great looking body for health reasons, while others simply enjoy working out.

There are several methods that people use to get a great looking body. You have to consider that not all of these methods are considered healthy. There are people who are too lazy to exercise and try different weight loss methods with negative results to their bodies; some try liposuction surgery. You have to consider that liposuction is only a temporary method. You still need to maintain your body by exercising in order to prevent it from accumulating fat again. You have to realize the fact that muscles burn fat. The more you exercise and develop your muscles, the more fat you burn.

There are also people who try different diet methods. People come to the point where they don't eat anything at all and this method can have negative results in your body as it can deprive your body the nutrients it needs. The best way to lose weight is by eating right and combining it with the proper exercises. With the hectic lifestyle that people have today, they often neglect their body's health because of work. The next best thing you can do is by purchasing home fitness equipment. There are different kinds of home fitness equipment available in the market today and different kinds of manufacturers. Because of this, you have a wide variety of fitness equipment to choose from. You also have to realize that because of the different home fitness equipment popping out of the market today, people tend to get confused on what to buy and often end up purchasing fitness equipment that they don't even need.

In order to buy the right fitness equipment, you need to know about the different types of fitness equipment available in the market today. First of all, you should not base on brands alone. The first thing you need to do is be familiar with the different fitness equipment available.

Cardiovascular exercises are one of the most important exercises. This is why your first fitness equipment purchase should be for the cardiovascular exercises, such as treadmills, cross-trainers, and elliptical trainers. When the time comes that you need to develop your muscles, strength training fitness equipment, such as weights, are responsible for developing specific muscles in your body.

Of course, it is natural that you have to have fitness equipment that will last a long time. So, purchase a cardiovascular and weight training fitness equipment with a brand that most people use and have positive user reviews.

These are some things you need to consider when purchasing fitness equipment. By knowing about the different fitness equipment, you will never go wrong with any fitness equipment you buy.

Be Lean n'Mean: Tips for Buying those Fitness Equipment Machines

How do you regularly stay fit, healthy and flexible? A hearty diet of nutritious fruits and vegetables is the key as well as regular and continuous exercise. The best exercise is one that you are really and sincerely going to be working out on, be it push-ups, stretches, jumping jacks or the regular jogging or the much tamer walking. However, there are people who prefer to work out using fitness equipment in their own homes.

The following are a few basic and important things to consider when buying those exercise equipment.

1. Do not believe what you see and hear

At least not everything, it is good if you assess all those claims exercise equipment declare in their advertisements. It is so hard to accept as true for example some statements that assure people that they will lose several pounds off their weight in as little as seven days or that you will decrease your pants size in one month. Even with the assistance of dietary supplements, it is not possible to accomplish changes as major as these in just a few weeks, much less days.

2. Fat Burner is a No Burner

Be skeptical about claims that say you will be able to burn a tremendous amount of fat in a specific area of your body, such as the hips, thighs, waist just by applying a specific type of ointment or lotion, etc. The only sure way to burn all those fat way is by changing what you eat. Exercise is the best solution to works out every area of the body whose fat you want to get rid of.

3. The only testimonial that counts is yours

Before and after pictures of people who claim that they were able to lose weight because of using such and such equipment, may or may not be true. If ever they are, their experience is purely personal and that is no assurance that your unique body weight, body make-up will also undergo the same change they went through.

4. Read the fine print

It is always advisable to read the fine print of anything. Though you believe that the fitness equipment you are planning to purchase is a good one, reading the fine print really wouldn't hurt as it may say that you also have to decrease your calorie intake and not just rely on what the machine could do for you.

5. Do the math

There are advertising statements that say you could pay off the fitness equipment in a number of easy payments or by paying a mere \$39.95 a month. Do not forget to inquire about shipping and handling costs and include that in your calculation. Also, add-on the required sales tax, delivery fees, set-up fees. Know all the details before you purchase.

6. Guarantee the warranty

It is best that you consider asking about details on their thirty day money back guarantee. Though this could sound good to you as the consumer, it may or may not actually do you good if, for example, you are going to return the item. You may actually pay for the humongous shipping cost and it could cost you more than what you could guarantee to receive in thirty days.

7. Call customer service

Make sure you contact their customer service hotline. Usually, they have toll-free numbers that you must be able to easily contact as well as a customer service representative who must be glad to be able to take your call and answer thoroughly all or any questions you may have about their products and services.

Fitness for Building Muscle: Comparison of Exercise Machines from Free Weights

Strength training is excellent for developing different muscle groups, and there are plenty of machines that will aid you in your fitness regimen. You need to make comparisons between using exercise machines and free weights. Both have its advantages and disadvantages and the purpose of comparing is to weigh which one meets your fitness needs the best.

The latest construction of free weights is widely available in the form of barbells and dumbbells. Many dumbbells are single weight, one piece items. Some are designed similarly with barbells. It has a bar in the center and the weights are removable. Thus, it gives you the option to change weights. This is less expensive, however time consuming. You need to replace weights for every exercise.

Weight stack machine have two types, single exercise (created for one movement) and multiple exercise machines (adjustable for performing various exercises).

Free weights are beneficial for strengthening the entire body. Oftentimes this is more effective. Exercises on free weights are done easily; you properly hold the free weights while standing. Your entire body is supporting the weight that is why the muscles actively move during the exercise. This also supports bone mineralization, significant in avoiding osteoporosis in the future. As you lift the free weights, weight stabilization also takes place keeping your body in a steady manner. This promotes additional muscle strength.

The major advantage of training machines over free weights is safety and easy usage. These machines are equipped with control and guides to direct the resistance paths. Thus it is less dangerous and prevents the user from being pinched, injured, or trapped. In case you failed to control the weights, the stacks will never hit you. The spotter's assistance is not anymore needed when exercising. Heavier weights are more comfortable to lift, increasing your muscle mass. Adjustments on the machines can be easily made that is why this machine is very popular in many fitness centers and gyms.

The free weights major disadvantage is safety. If you perform a bench press using a barbell, the tendency of being trapped is possible especially if you fail to complete a certain repetition. It is advisable to do your exercise with a spotter or a friend to assist you. Keep in mind that greater amounts of control are needed when stabilizing your muscles. Total control is needed when lifting to prevent joints and muscle injuries. Usage and technique must be properly applied when utilizing free weights.

Many manufacturers have created resistance machines with different qualities and designs. Most often these machines are for typical users with typical heights, limb lengths, and weights. The motions of the exercises are guided by these machines. So, sometimes the motion cannot be the perfect motion for the limb length and size of your body. This forces your body to adapt such motions which are not actually good, making your exercise useless.

The choice depends on you. To summarize, free weights can be better for achieving full stabilization of the muscles and freedom of motions, while machines provide safety and easy usage. Consider your fitness goals and choose accordingly.

Used Fitness Equipment: Cheaper Alternative to Get Fit

Today, more and more people are getting more and more concerned about how their body looks. You can never deny the fact that having a great looking and muscular body is very attractive. With those well-defined muscles, you can be sure that you will have more sex appeal than your average person with that extra "love handles" or "beer belly".

Having a great looking and muscular body means that you will also have a healthy heart. First of all, you need to consider that muscles burn fat inside your body. By doing this, you will be able to prevent heart related diseases where fat clogs up your arteries and makes you suffer from heart attacks and strokes.

You have to realize the fact that there is a significant increase of heart related diseases and diabetes cases in the United States. Thanks to fast food and automation, people in the US are getting fatter and lazier each day. More and more Americans are turning their TV off, and are now starting to exercise in the gym. Exercising is the best and the normal way to develop your muscles and keep your heart healthy. It is very important to remember that by exercising, you will be able to have that muscular body you have always wanted. What if you don't even have time to go to the gym and you prefer staying at home?

You can consider answering this question by purchasing your own home fitness equipment. You also need to realize that home fitness machines are quite expensive. If you are a type of person who is at a lower income level and you still want to exercise, you can still do so by jogging around your local park. The main disadvantage of this is your local weather. If it rains or snows, you can never go out and do your daily run. The best way to exercise without going to the gym is by purchasing used fitness equipment. Some people sell their equipment because they plan on replacing them with newer models, while other says that they sell their equipment because no one actually uses it.

However, before you purchase used fitness equipment, you have to consider the fact that the equipment is already used and may have maintenance problems. If it is possible, you have to try it out first for a few times. By doing this, you will determine if the used fitness equipment being offered is still in good working condition. Never buy used fitness equipment that emits strange and unnecessary noise when being operated.

If at all possible, you can bring your fitness trainer along when shopping for used fitness equipment. They will be able to determine if the used fitness equipment being offered is in top working condition or not. They will also be able to recommend some fitness equipment that you need.

The Advantages, Disadvantages, and Exercises of a Fitness Ball

Most people dream of getting into shape, losing weight, and exercising more. It can mean signing up at local gyms. However, many fitness enthusiasts prefer to purchase home fitness equipment that can be effective for them. They can take the benefits of a total workout while at homes and within flexible times. One of the best options to consider is buying a fitness ball. It is the time for you to experience a unique workout at home. There are various reasons why this equipment has become very popular. In fact, it is utilized by most physical therapists to treat their patients from back pains.

A fitness ball having a diameter of about 55 to 85 centimeter is made of elastic rubber. It is utilized in exercise and physical therapy. There are various names for a fitness ball such as exercise ball, Pilate's ball, gym ball, therapy ball, balance ball, body ball, yoga ball, sports ball, and Swiss ball. The major benefit of a fitness ball exercise is enabling the body to respond to the ball's instability while keeping the balance and engaging the muscles as well. Keep in mind that the muscles are strengthened upon struggling to maintain the balance. The core muscles of the body, back muscles, and abdominal muscles are the target of the fitness ball program of exercises.

Exercises done on a fitness ball will never bore you. In fact it can challenge your stamina, patience, perseverance and self-discipline. This is the true form of exercising, working the entire core muscles to achieve the best results.

A fitness ball is effective because of its rounded shape. It can create instability to induce your core body muscles to work. Compared to floor crunching, the muscles that are only working are the upper abs, but when you do the crunching on a fitness ball, the core muscles including abs muscles, back muscles, pelvic muscles, and hip muscles are working together in helping you stay on the ball.

Try doing a few push-ups using a fitness ball, your hands on the floor and your feet on the fitness ball or vice versa. This exercise gives more stability when the feet are spread apart and tougher when the feet are put closely together.

Although a fitness ball provides many advantages, there are also some pitfalls especially if overused. Strength coaches revealed that it can cause injury and approximately 70 percent of fitness ball exercises are considered worthless. Nevertheless, it is still prescribed by some therapists in treating patients with back pain.

Incorporating a fitness ball in your fitness program can mean surpassing all the difficult levels involved during the exercise. Each requires support from your stomach muscles and back to help in keeping the trunk muscles firm. More often, a fitness ball is good for people who have lower back pain. Other uses include developing overall strength and control of the body's core muscles, increasing the strength of back and abdominal muscles, learning proper posture and body mechanics when lifting objects, and increasing mobility of the lower back.

There's More to Just Exercise Equipment, Choose the Right Fitness Apparel

The world is getting more and more competitive every day. In order to keep up with such competition, every individual should focus on their body's fitness. For some, it can be a simple walking or running exercises while for others, it may mean months spent in fitness gyms.

There are different kinds of fitness activity. Some activities require certain equipment, but there are also activities that don't require any; but there's more to just fitness equipment. A great number of people are more concerned with the right fitness apparel that will suit their exercise activities. This is the very first step to achieving fitness. In today's times, sportswear and fitness apparel flood almost all stores that sell such items. You can find bras, shorts, to full fitness outfits. Most people are able to conduct their fitness exercises effectively if they look great. In choosing your fitness apparel, there are certain tips to follow when buying such outfits.

Motivation is needed in order to be truly committed if you want to achieve all your fitness goals. There is a need to choose the right fitness apparel that will work for you in doing your fitness activity. Looking great has its advantages and even if other people don't understand the correlation between fitness exercise and fitness apparel, this is a fact that you're bound to follow to achieve your goals.

Since there are many forms of workout, you have to choose the most common activity that you're consistent with. For example, you're into aerobic exercises. You can find a lot of suits that go along with this type of exercise. You can buy it from any local department store or apparel store; or you can also check online stores if they offer such apparel. If you love doing yoga, you can also choose from a wide selection of tank tops and pants. Experiment on color combinations so that you can get the most out of your several existing clothes. Individuals who happen to be spinners can get some shorts, matching halter, and bra or tank top. Women just love to dress up, and this is not only true to special occasions. Even if you're going out for a fitness activity, it really helps a lot to look and feel good about yourself. These garments are one of the important keys to achieving a physically fit body although not necessary.

As you go through your fitness regime, you can easily notice any changes in your body if you wear the right fitting clothes. By seeing instant results, you will be more motivated to pursue such activity. By wearing form-fitting clothes it can help you in checking whether your body's in great shape or not.

When you go shopping for your fitness apparel, it is best to find flexible clothing that can aid you in carrying out all your physical activities efficiently. Don't practice carelessness by ignoring fitness accessories like fitness apparel. But as an educated buyer, you don't have to fall victim to attractive advertisements. They only offer expensive clothes when you can always find a good buy if you only do some research and window shopping. Quality and price are two very important factors to consider when purchasing your fitness apparel.

Fitness Apparel

In a sports apparel specialty store you will delight at the wide range of clothing plus accessories that is available in the market. Specific sporting apparels like golf, fitness exercise, equestrian and yoga are very much available. The apparel for sports like surfing or rafting and even mountaineering are abundant. The wetsuits are perfect for surfing apparel. The sports apparel includes caps, batting gloves and rafting vests.

Here's a short list on how to choose your sports and fitness apparel

1. The Golf wear

The golf apparel can be found in any specialty sport store. The golf apparel usually includes a trouser with a t-shirt. In golf, comfort is the most important factor. Chinos are also very popular golf wear. Hats and caps of varying designs and makes are also available. Of course outlandish gears worn by some professional golfers are also available.

2. The Running / Fitness wear

Running apparel is best made with cotton to retain moisture that causes friction and might lead to possible chafing. The shorts and tights including the cotton socks are basic running gear. When running apparel is being chosen, try to select a base layer top which keeps you dry for an extended run. Comfortable and fit running shoes must be matched to keep you fresh on the run. The fitness gear pertains to all kinds of apparel including aerobics and gymnastics. The multi-colored tights and leotards are the best and most comfortable during a workout. The fitness gear must be selected with care. The proper material and correct size is a must when selecting the fitness gear.

3. The athletic apparel

The athletic apparel must be chosen with the climate and weather in mind. An apparel that is not suited for the weather will hinder the performance of an athlete. A popular athletic wear is the running or jogging pant with a drawstring waist. These types of athletic apparel can be purchased at discounted rates. The all weather gear is designed to keep most of the elements out. An athlete depends on the athletic gear to perform at his best.

4. The Equestrian apparel

Equestrian gear is mainly about breeches and boots. There are specialty equestrian stores that stock clothing and other equipment for riding. The casual equestrian gear could be riding breeches matched with a plain shirt. The paddock boots available also at equestrian apparel stores complete the set for an equestrian. A pair of riding pants and a jersey can be bought at an equestrian apparel store. When having lessons on riding, you may want to look online for equestrian stores to see and choose an outfit which lets you ride with great style and comfort. A little pricey in most cases but may be worth the price. A western style of gear is also available in specialty shops.

5. The Yoga apparel

Yoga apparel must be very comfortable and loose for easy movement. A t-shirt and a loose-fit short are basic yoga apparel which will keep you fresh and comfortable. Also, it does not cost much. Designer yoga apparel is also available at special yoga stores. Yoga Capri pants and unitards are available at yoga apparel store. The special Asana clothing can be found at very exclusive yoga outlets.