

## Fitness Equipment Basics

Fitness equipment can be split into 2 basic areas, first there is aerobic or cardio fitness equipment which is designed to give you a fitness workout to burn off calories & loose weight. Secondly there is strength/muscular fitness equipment which is designed to tone, or increase in size, your bodies muscles.

Most fitness equipment that you would expect to find in your local gym or fitness centre can now be purchased for home use depending upon the space you have available & the type of fitness equipment you require.

For aerobic fitness equipment you should consider a treadmill, an exercise bike or a rowing machine.

Treadmills are popular because you can walk, jog or run on them making them an ideal piece of fitness equipment for the beginner right through to professional athletes, being suitable for all levels of fitness. Make sure you choose one with a wide belt that is long enough for your stride. If you jog or run a lot then you should consider a model with cushioning between the belt and treadmill bed to lesson the impact on your joints.

Basic models are powered by the user but you should choose one with a motor to vary the speed, the faster you like to run the higher the motor speed you should choose. New treadmills will set you back approximately \$299 for a self powered one up to over \$5000 for a motorised commercial style one.

Exercise bikes are a popular item of fitness equipment especially for home use, with numerous types available. Apart from the standard upright exercise bike some models now offer upper body work outs as well. The latest designs have recumbent seats which support your lower back & leave your hands & arms free to use weights for upper body exercise. Cost \$229 or less to \$2599.

Rowing Machines are a very useful piece of fitness equipment particularly for those with knee problems who feel they are not up to running or cycling because of their problem. They come in many different designs from lightweight foldaway to heavier more rigid designs. New equipment should set you back \$239 to \$1900.

Fitness equipment for strength/muscular work comes as individual pieces, such as dumbbells, weight benches, leg or abdominal equipment or for a total body workout you could try a home gym which should set you back between \$399 to just under \$4000 depending upon the space you have available and your budget.

For the best results you should choose at least one piece of fitness equipment from both the cardio fitness equipment & the strength fitness equipment, with a home gym being the recommended piece of equipment for the strength work. Make sure you choose fitness equipment that you know you will enjoy using & not something that will end up stuck in the garage.

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### About the Author

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