

Exercise Machinery For Personal Use

Everyone wants to stay fit and in shape. But working schedules and eating habits do not allow us for regular exercise to keep ourselves fit. But proper time has to be taken out from our daily schedule for gym and workout. This seems really impractical for many of us. So idea of the home gym came in. A home gym includes all necessary equipments required to keep our body fit and in shape. Setting up a gym at home requires a good decision making power as one has to go according to requirements, space available and cost of equipments. Before purchasing a complete home gymnasium, one should know its utility and correct method of using equipment. Thus test drive of all equipments must be there before purchasing.

Second consideration is budget. Finally the decision to buy equipments depends upon the allowance of pocket. But we should never go for the cheap equipments as investing money in good, branded exercise equipment will always yield better results for longer time period. Cheaper equipment does not meet all the standards therefore accidents can happen. Third consideration is availability of the required space as a home gymnasium takes a lot of space. We have to think that do we have a complete room available for equipments or should we go for folding equipments. The folding equipments can be folded after use, taking very less space. Thus we should always think well before shopping for the exercise equipments.

A list of exercise equipments for a home gymnasium include dumbbells, a barbell set, an aerobic step, a stability ball, weight lifting gloves, a weight bench, resistance bands and tubes, Dan skin, weight training for dummies and an exercise mat. A barbell set helps in lifting heavier weights so that body feels the difference. The barbell set includes a rod which can hold weight up to three hundred pounds of weight. Thus all the small and big muscles groups can be targeted. Practically one does not need so much weight thus a wise shopping can reduce the cost of the barbell set.

A step aerobic step can be used as a weight bench too along with using it for step aerobics. Getting extra risers can convert the step aerobic step to an inclined bench and a declined bench too. Thus we can always make our weight training a pleasure than punishment. The stability balls are used for the abdominal workouts and for lower body exercises. That is for exercises like pushups. Stability balls can be used to stabilize the muscles while bench pressing. Last but not the least stability balls can be used as beach toy and a swinging seat while watching television or while working on a computer as this will reduce back ace.

About the Author

Bekie Cohner is a health and wellness professional with 16 years experience helping people make the right decisions for everything from [Exercise Equipment](#) to [nutritional supplements](#).

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