

Buying Home Exercise Equipment

The right home exercise equipment can add variety, convenience and consistency to your workouts. But too often, after you've purchased a piece of equipment, you realize you've made a mistake.

1. Don't Overbuy Features. Like moths to a flame, people are drawn to cardiovascular equipment that has every conceivable readout and calculation. These gadgets often go unused, though, so they may not be the best place to spend your money.
2. Don't Skimp on the Basics. Sturdy construction and smooth, quiet operation are what matter most. For example, with treadmills, good deck cushioning and stability are key factors to look for.
3. Avoid Fast or Sight-Unseen Purchasing. Almost any treadmill feels fine during the first few minutes. Only when doing a longer workout will you notice things like excessive vibration and noise. For cardio machines, spend at least 20 minutes trying different programs, for strength equipment, do a set of 10 repetitions.
4. Don't Ignore the Top of the Line. If you don't try the best equipment first, you won't know what quality features to look for.
5. Don't Overestimate Your Abilities. An exercise or movement that looks easy on TV may not work for you. For example, ski machines with independent upper and lower-body motions may offer an outstanding cardio workout, but they also require a high level of concentration and coordination. People are less likely to use machines that have a high learning curve.
6. Don't Limit Your Options. Although treadmills are extremely popular and reliable, elliptical trainers also provide functional movement with lots of variety. Stationary bikes - both upright and recumbent - are rebounding in popularity. Stair steppers, rowing machines, home gyms and equipment for exercise based on the work of Joseph Pilates are additional options.
7. Don't Ignore Your Personal Comfort. Make sure the rowing machine you are thinking of buying doesn't put too many demands on your back.

*For more information on your home exercise equipment please call
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