

Home Exercise Equipment

What are the benefits to exercising at home?

There are many benefits to exercising at home instead of at a gym or health club:

- You don't have to deal with crowds or waiting for someone to finish using a piece of equipment.
- You can exercise any time, 24 hours a day.
- You may save money.

If you choose to workout at home instead of at a gym or health club, it is important to pick out the correct exercise equipment.

What is home exercise equipment?

Home exercise equipment can be a variety of different things:

- Cardiovascular equipment, such as treadmills, exercise bikes, elliptical machines, and rowing machines
- Exercise machines, like Cybex or Bowflex
- Free weights such as barbells, dumbbells, or kettlebells
- Pull-up bars, a medicine ball, or a jump rope
- Wii Fit

What type of home exercise equipment should I purchase?

There are some important factors that will influence what you buy:

- **Budget:** Quality exercise machines can be very expensive. If you have a limited budget, try looking for used equipment from fitness centers or for sale by previous owners. Remember, you can still get great a great workout using home exercise equipment that costs less than \$100, such as a dumbbell set, a stability ball, or a jump rope.
- **Fitness goals:** If you are trying to build muscle strength, it is better to buy weight equipment. If you are trying to improve cardiovascular fitness, it is better to buy a bike, treadmill, or stair climber. Know your goals when you start to shop.
- **Health conditions:** If you have joint problems, bikes or elliptical machines may work better for you than treadmills. If you have concerns about your heart, you may want to consider a heart-rate monitor.
- **Enjoyment:** Don't buy something if you don't like that type of exercise. You will be more successful with your fitness goals if you buy home exercise equipment that you like to use.

What kind of equipment should I avoid buying?

Some equipment sounds good, but may promise results that are not realistic. For example:

- It is not likely that you will “effortlessly burn a lot of calories.” The fact is that the more you exercise, the more calories you'll burn. Select equipment that suits you and that you will actually use. If the exercise is uncomfortable, or the equipment is hard to use, you will probably not achieve the results you want.
- You cannot “spot reduce” one part of your body, such as just your hips or abs. The way to reach your fitness goals is to exercise your whole body. Your weight depends on the number of calories you eat and how much you exercise each day. In general, exercise equipment that works the whole body or major parts of it helps you burn more calories than equipment that works just one part of the body.

Where can I buy home exercise equipment?

There are many options for purchasing home exercise equipment, such as sporting goods stores, fitness stores, or the Internet. You may also be able to find used equipment at secondhand stores, Internet auction sites, such as eBay, or local gyms or health clubs.

Make sure you have enough space in your home for the equipment you want to buy. Keep your equipment clean and in good condition. Always make sure you talk to your healthcare provider before starting any new fitness program.

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