



# Fitness Facts

## Buying A Home Gym? Tips To Pick The Best One For You

(NAPSA)—If you've decided to invest in a home gym, choosing the right one for you might seem like a daunting task. But it doesn't have to be difficult.

"The two most important things to consider are your fitness goals and available physical space," said Joy Antipow, store manager and ACE-certified personal trainer with The Fitness Experience, a specialty fitness retailer in Chicago.

- **Your fitness goals:** What do you hope to accomplish with your home gym? Do you want to build strength or focus on toning? Are you interested in performing standard exercises or do you want more challenge and variety from a home gym? The equipment should suit your needs and interests. If more than one person will be using the gym, consider everyone's fitness objectives.

- **Physical space:** How much room do you have for a home gym? In addition to measuring the floor space, note the height of your ceiling, as some home gyms are tall. Also, plan for open space around the equipment, because most home gyms require you to move freely around them.

Finally, there's the issue of price. Keep in mind you get what you pay for. High-quality equipment that works reliably after several years of heavy use is definitely worth the up-front investment.



**One of the best ways to determine if a gym works for you is to try it out.**

So, you know your fitness goals, you have the space and you have your budget: It's time to go shopping. The best place to look is a specialty fitness equipment store, which carries a broad range of higher-quality equipment and is usually staffed by certified fitness professionals who can explain and demonstrate the gym's features.

When you go shopping, wear your workout clothes. One of the best ways to determine if a gym works for you is to try it out. Conduct three or four exercises on

several home gyms. To make sure you make the right purchase, pay attention to the following things:

- **Comfort zone:** Does the gym feel comfortable and natural to you? Are its press arm and seat easy to adjust?

- **Easy changeover:** How easy is it to go from one exercise to another? You will want to change from one exercise to the next in just a few quick and easy steps.

- **Number of exercises:** How many exercises does the gym allow you to do? Look for a gym that lets you do a wide variety so you don't get bored. Boredom leads to diminished results. One attractive option might be the new G5 Cable Motion Gym from Life Fitness ([www.lifefitness.com](http://www.lifefitness.com)), which offers exceptional exercise variety—you can do hundreds of different exercises covering all of the eight major muscle groups.

- **Quality:** Cables and weight stacks should move smoothly and the frame should feel sturdy. Look for equipment made by a reputable manufacturer that comes with a solid warranty. Also, note the aesthetics and design of the unit to ensure that it will look pleasing in your home.

Once your home gym is in place, commit to use it regularly. The right home gym for you should give you years of great workouts.