

How to select the best Home Gym Equipment?

Almost everyone today has been educated on the benefits of getting regular exercise and gym. Yet still there are maximum people who are not exercising, while many of us are not active at all. Due to our busy schedule, we are not having the time to visit gym, or go for a run. Most doctors suggest that a person should exercise three to five times a week for about a half an hour to remain happy and healthy. So think for gym equipment at your home only where you would be able to save your time and money too. But before buying any home gym equipment you must be well-informed, otherwise you would not be able to judge the best and desired equipment. There is ample number of home exercise equipments available in the market like free weights, weight training machines, home gyms etc.

A home gym is a particular place of your home which consists of compact unit of equipment designed to perform many exercises at one station.

A home gym should have the following components:

- 1.An adjustable bench for sitting or reclining
- 2.tacked metal weights with pin selection for load
- 3.Pull down bars mainly for the lat pull down back exercise
- 4.Press bars for pushing and pulling, for shoulders, arms and back
- 5.Leg extension system for quadriceps muscles of the thigh
- 6.Leg curl system for exercising the hamstrings at back of the thigh
- 7.Seated cable row system for back and arms exercise.

Types of home gym setups:

There are generally 6 types of home gym setups available in the market:

- 1.Free weight stations- It consists of adjustable benches, power racks for holding barbells, dumbbells, barbells and round weights.
- 2.Multi-gyms based on steel or composite bands and cords- It comprise of the flexing band which creates the resistance. Example: Bowflex and Weider.
- 3.Total Gym concept- This concept uses an adjustable height, inclined bench and sliding seat platform that uses your own body weight to increase resistance. For instance: Total Gym 1500.
- 4.Multi-gyms based on stacked weights- This kind of set-ups uses a cable and pulley mechanism with stacked weights. You need to move the peg to select the weight. Example: latest Body Solid EXM series.
- 5.Multi-gyms with provision for free weight plates- It consists of round weights which are manually fitted to the barbell extensions. Example: Powertec Workbench.
- 6.Smith machine multi combinations- It uses a mechanism that constrains the bar in one vertical plane, unlike free-weight benches and racks. Example: Mega Smith System which is commonly used.

Besides above 6 [home gym equipment](#) setup Aerobic exercise equipment such as treadmills, rowers and stationary bikes are also considered as the beneficial equipments that you can choose for your home gym. You should always ask the seller for tips and instructions to maintain the equipment properly.

About the Author

Sanjana Sharma Is the author of this article. For more information about home gym equipment,please follow this link [fitness equipment](#)

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