



## Features to look for:

**1** A heavy-duty steel frame construction will provide a long-lasting, safe and stable machine. Machines built in North America with strong robotic welds are preferred.

**2** Home gyms should be easy to use. They should not require any cable or pulley adjustments when moving from one exercise to another.

**3** The cables should be of aircraft quality with a 2000 lb test strength and coated in nylon, while the pulleys should have sealed ball bearings for durability and smoothness. Non-coated cables and pulleys without bearings do not last as long and are not as smooth to use.



NORTHERN LIGHTS  
AVALANCHE  
HOME GYM

**4** Since most people are of different heights, the seat should adjust to ensure proper positioning and support for every exercise.

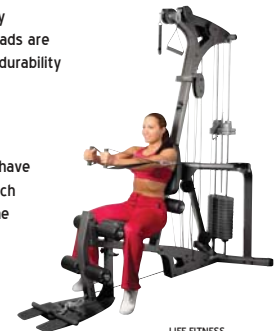
**5** The padding should be comfortable and supportive while exercising. 'Body contoured' moulded pads are the best for comfort, durability and hygiene.

**6** The machine should have multiple stations which allow you to work the entire body evenly.

**7** Better engineered machines will allow for specific adjustments in different exercises. These 'range of motion' adjustments accommodate different levels of flexibility for the user.



BOWFLEX  
XTREME  
HOME GYM



LIFE FITNESS  
PARABODY CM3  
HOME GYM

Home gyms are a very convenient, compact and safe way of exercising with weights. Weight training is an extremely effective method of strengthening not only muscles, but bones and joints as well.

After the age of 30, bone and muscle mass start a natural decline. This reduction in body strength and muscle loss continue as we age, but weight bearing exercise can significantly slow this process.

## Other features to look for:

- Machines with electrostatic powder coated paint offer a longer lasting finish, and do not chip or flake as easily as the machines which use less expensive painting procedures.
- Well designed machines can be easily placed in a corner. They require significantly less space than those that have 3 or 4 different sides requiring access.
- Be cautious of a weight system that can be 'folded away' for storage. These lower quality systems are generally built very lightly and can be very unsafe.

## Optional accessories:

- Additional weights for the weight stack (50 lbs)
- Leg press
- Vertical knee raise
- Various cable attachments
- Rubber matting
- Low row calf raise
- Stretch mat
- Stretch tubing

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