

What to look for in weight equipment



Features to look for:

1 A heavy-duty steel frame construction will provide a long-lasting and safe system. Frames built in North America (not offshore) with strong robotic welds are preferred. The equipment should be solid and not shake, rattle or move during any exercise.

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

3 A weight bench should have an adjustable seat and adjustable back rest, as well as adjustable barholders (or uprights). The seat and back pad should adjust from a flat position to a full upright (90 degree) position, to allow for a safe variety of exercises. The uprights should adjust to accommodate for the user's arm length and overall height in every exercise.



NORTHERN LIGHTS
OLYMPIC WORKOUT
CENTRE BENCH

4 If a unit has any cables or pulleys, the cables should be of aircraft quality and coated in nylon, while the pulleys should have sealed ball bearings for durability and smoothness. Plastic coated cables and pulleys without bearings do not last as long, and are not as smooth to use.

5 Safety is extremely important when using any type of weight equipment. The better quality benches and cages will offer adjustable 'safety catches' (or spotters) to support the weight if the user is unable to lift the weight back up.

6 As your workouts increase in variety, so should your weight equipment. Better designed units offer a variety of attachments which can be added to the existing equipment. These additions will help work the muscles differently and improve your results.



NORTHERN LIGHTS
SAFETY SPOTTERS
BENCH ATTACHMENT

NORTHERN LIGHTS
ARM CURL
BENCH ATTACHMENT

NORTHERN LIGHTS
LAT PULLDOWN/LOW ROW
BENCH ATTACHMENT

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.
- 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.
- Lower gauge steels and weight of machine are signs of quality.

Optional accessories:

- Leg attachment
- Arm attachment
- Dumbbells
- Pec (chest) attachment
- Squat attachments
- Safety spotters
- Lat attachment
- Various bars
- Rubber matting

Weight equipment is a great way to build strength, muscle size or even tone and firm muscles, and can be used by people of all ages and fitness levels. Using free weights and weight benches help incorporate more muscles than other types of weight training. Safety, comfort and adjustability are very important when considering any type of weight system.

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