

The Benefits of Free Weights Home Gyms

If they say that the world's divided between two types of people, the vanilla lovers against the chocolate addicts, in the world of exercise, it's a war between the free weights enthusiasts against the people who love using exercise machines. Now, if you're leaning more about purchasing exercise machines, we'll simply play devil's advocate by pointing out the many benefits you can enjoy with free weights home gyms.

FREE WEIGHTS HOME GYMS ARE LESS EXPENSIVE There is no way that free weights would become more expensive than any exercise machine ? even if they're older models or secondhand purchases. If you're short on money, free weights home gyms are your best options.

THEY TAKE UP LESS SPACE There are of course a few exercise machines that are foldable. The keyword here is few. Free weights, on the other hand, no matter how heavy, are always no trouble to hide from plain view. If you want a gym that takes up minimal space, free weights are truly the answer to your prayers.

THEY SERVE MANY PURPOSES More often than not, exercise machines tend to serve a solitary purpose; a treadmill, for instance, can never let you do anything but walk or run in a straight line. Free weights, however, can serve multiple purposes, depending on how you use them. They can either help you increase your muscle strength or simply get rid of unwanted fat.

THEY ARE PORTABLE If you're going away on a trip, there's no reason why you can't bring your dumbbells with you, especially if you're bringing your car. Exercise machines, on the other hand, are anything but portable.

THEY CAN BE USED FOR TARGET ZONES Dumbbells and barbells will do great wonders if you're aiming specifically for your arms. So what's your final verdict? Whatever your answer is, we do hope that you become fit as soon as possible. Have fun exercising!

About the Author

A soccer community matching players with trainers, plus camps, clinics, and training.

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