

Fitness goes techno Latest cardio and strength machines allow gym

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The future of exercise is here - and it's heavy on the techno.

Fitness equipment is catching up with tech-savvy, gadget-loving exercisers who are downloading workouts onto their iPods, wearing heart-rate monitors and logging the miles they've run to continually fine-tune their workouts.

For gym rats, the latest cardio and strength machines will do much of the work for them, allowing users to customize workouts and compile their fitness data on home computers so they can keep a close watch on their progress. For example, someone could plug a USB stick into an elliptical trainer, work out, save the information to the USB and download that into a home computer. From there, a new workout can be designed with specific time and intensity, then downloaded into the elliptical next time, programming the machine to go at that pace. By tracking workouts, exercisers can see whether they're progressing, or need to work harder to achieve their goals.

Some of the machines work directly with iPod Nanos, which can track workouts with the help of a sensor built into a shoe. Easy-to-navigate touch screens are replacing boring, old-school LED readouts. One company introduced a weight machine equipped with an instructive video to demonstrate proper form and speed for various exercises, perfect for those who need strength-training tutorials.

This growing technology in the fitness world may be a boon to exercisers, says Randy Drake, senior vice president of community and corporate development for 24 Hour Fitness.

"Exercise and how you take care of yourself has to extend beyond the four walls of a gym. This is a great way to reinforce that." He also noted that, years from now, computer-driven fitness will be inevitable: "This is going to be completely natural - taking your workout with you, customizing it on your terms, setting goals and having that portability."

The latest in fitness equipment debuted at the International Health, Racquet & Sportsclub Association's annual International Trade Show held recently in San Diego, where shiny, sleek, state-of-the-art machines enticed health-club owners looking for the latest gear. The computer-savvy crowd and tech types who love new tools probably will be the most enthusiastic early users. Other exercisers may come to appreciate the possibilities more gradually.

"When your friend says he's getting a great workout because he's using his iPod and it interfaces with a piece of equipment, more and more people are going to start using that type of technology," says Joe Moore, the association's president and chief executive. "It makes sense. It's a natural progression."

And for some - say those who simply want to exercise without knowing how many steps they climbed - touch screens can morph into TV screens. If there's nothing good on TV, members can plug in iPods and download their own music or video content. Because watching a bank of communal televisions is so five minutes ago.

Although the show didn't unveil the Next Great Thing in big cardio machines, ellipticals at least will become more appealing. Their repetitive, if easy-on-the-joint, motions allow for varying strides. One machine allows exercisers to just move the handles back and forth, creating an upper body workout, and help stave off boredom.

Life Fitness' Elevation series of cardio equipment allows users to save their workouts to a USB stick, then download that information into a special Web site where they can monitor the workout length, distance and intensity. They also can customize workouts by pre-programming the same variables on a computer, then downloading those into a machine. Music and videos from iPods can be downloaded into the machines as well.

Star Trac offers software with a series of pre-designed cardio and strength programs that allows users to track their progress. Gyms will sell the software-loaded USB sticks to members, who can plug them into Star Trac's E Series cardio equipment and its new Koko strength-training machines, then download the information at home on their computers. Those Koko machines also contain video screens that show users how to do exercises with proper form and speed.

The Nike Plus system is being expanded to include indoor exercisers. Nike already has footwear containing a sensor that relays information to the exerciser's iPod Nano, which can then be downloaded into a computer to track progress. Until recently it was used outdoors only. Now Life Fitness, Star Trac, Precor and Technogym have incorporated the technology into select machines so workouts can be monitored in the gym as well.

True's new CSX elliptical allows users to step off the pedals and onto fixed side panels, then move just the handles back and forth to get a better upper-body workout.

Precor's Adaptive Motion Trainer features variable pedals that can go from a traditional elliptical rotation to more of a marching motion.

Johnny G, the father of Spinning, has come back into the gym with the Krank cycle. It looks like a Spin cycle but - instead of pedals - has hand cranks that can be turned together or independently. Kranking, says Jim Karanas, who led classes at the show, provides a great cardio workout while toning the upper body and working core muscles. He says it's also useful for the extremely obese and people with lower-body injuries.

Veteran gymgoers such as Drake can't help but notice the popularity of iPods and other techno-gadgets becoming as much a fixture in gyms as dumbbells. "We've felt a certain critical mass happening over the last 18 months," he says, "and we love the evolution of it."

Fitness equipment in the world and numerous manufacturers, also has nearly 800 kinds of fitness equipment brands. Users in the comparison or purchase fitness equipment, this dazzling brand, complex modeling styles, as well as the All kinds of people visit the manufacturers that have no alternative. In this introduces the world s top fitness equipment.

First, the world s top fitness equipment

Definition: Top fitness equipment refers to a high degree on the other brands irreplaceable, a global authority of the fitness equipment brands, generally refers to the area of non-professional in the field of home fitness equipment.

Brand: 1. Aerobic equipment: treadmills top brands LifeFitness

Precor elliptical machine top brands

Top-level brand StairMaster

Fitness top car brand Bodyguard

Canoeing-top brands Concept-II

Dynamic Schwinn bicycle top brands

2. Power equipment: single type of top brands Cybex

Single Modeling top brands Nautilus

Top brand Vectra equipment portfolio

Advisory dumbbell-top brands Ivanko

3. Integrated Brand: integrated series of top brands Technogym

Second, the fitness equipment

1. Lifefitness (Life licensing): equipment brands in the world, with its unique design and treadmill known ahead of the design ideas and unique isolation system, has identified the professional treadmill and application of the dividing line. TR9100 global recognition, TR9500, TR9700, TR9000 series of exaggerated dial is a domineering performance. After 90 T, 91T, 93Ti, 95Ti, 97Ti and 95 new T-series, more stylish, avant-garde and let your members a taste of aerobic revolutionary experience, excellent entertainment features and superior product performance, the achievement of a comprehensive physical and psychological incentive is the most recognized domestic treadmill brands.

2. Precor (licensing will do): in the global patent on the elliptical machine, it is undeniable that Precor invented it, EFX544 popular, it is innovative, and its professional spirit, but also makes it one of the founder of one of the aerobic equipment. Precor is the spirit of recognition by the later, because

Precor elliptical machine in the professional, he represented the elliptical machine development process, EFX564, EFX554, EFX534 also see the EFX544 design framework, but joined the flow line design, more perfect, there is no doubt Precor elliptical machine is a pioneer.

3. StairMaster (Banpo Licensing): height, or the name of the stairs is from StairMaster7000 started, but he was such products, because of its creativity and innovation, the best first step stepper, started by the StairMaster, which reached a height of the professional and top, including those subsequently improved Manbu machine, although it is less than the overall sales Lifefitness, Precor, it is undeniable that in the height of the StairMaster has already Lifefitness, Precor parabolic behind, as it professional.

4. Concept-II: Global Fitness professionals who know that this brand, Concept-II, rowing machine and the spokesmen of the founder. Professional spirit is the purpose of it from time to time innovation is its mandate. Networking program design its products ahead of the other brand of aerobic equipment, he only rowing machines, rowing machines so he is the king.

5. Bodyguard: Global specializing in the production of many fitness car manufacturers, but specializing in the production of professional fitness car recycle technology, the global professional fitness by the car manufacturers have been copied, and the curved design because it is more representative of professional and noble.

6. Schwinn (Simin Licensing): exciting race cars or motorcycles, and other name, it is attributable to the brand. Because it is the creators of this car and authority, with its innovative, have a modern dynamic cycling clusters tempered manner. So it is not only open up the dynamic cycling, but also technical training and professional manner. Active formation of a bicycle, Schwinn is the honor, it is undeniable that represents the dynamic Schwinn bicycle authority.

7. Cybex (100

Andean Licensing): its strength training equipment in the biaxial use of his invention, VR11 series to the current manufacturing equipment is a continuation and development. More than 1,000 types of equipment a focus on power-equipment, he is understandable categories and the strength of the finest professional products. It is only to the late aerobic equipment, Trotter brand is its failure, and this has undoubtedly Cybex brands fell, but at the moment it is still a global force equipment leader.

8. Nautilus (Connaught with a licence): the strength of its technical equipment in the play to the limit, and four roller lever principle and fine-tuning the device to become the world's leading power producers adhering to the principles and technology. It can be said invented the Nautilus equipment and expertise of professional training. At the same time Nautilus and aerobic equipment and the acquisition StairMaster Schwinn, compared Nautilus has a higher level.

9. Vectra (Granville, licensing): Combined practice, or call MiniGym, its design and quality second to none, in the 20th century, 1980s and 1990s, a comprehensive fitness equipment outstanding representatives. Only enters the final stages of its brand of on the decline. This is its own marketing, but it is undeniable that it is integrated in the current training equipment top brands and that it can re-emergence.

10. Ivanko: dumbbell-only bars, but brand-name recognition reflects very well could have become the dominant brand of small things and other manufacturers will be defeated awesome.

11. Technogym (Space Licensing): only a European brand, has a remarkable development speed, strength and aerobic equipment at the same time and entered the top brands in the brand. Apart from the brands and quality, technical innovation is also successful. Can say that the brand is more successful in the operation of a brand, a rising star.

As the world's leading commercial fitness equipment manufacturers, LifeFitness - Life has more than 300 kinds of cardiovascular and strength training products-training equipment, a wide range of after-sales service, recognized industry leadership position, as well as the United States 500 Corporation - Mercedes Victoria's powerful economic strength.

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Power production line in the excellent series in 2005 Industrial Design Excellence Award in the Creative Award was silver. The Business Week

awards from the United States initiated by the Industrial Designers Society of the United States operate independently. According to the magazine, these awards on behalf of the United States, Asia and Europe, best of the best.

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About the Author

From www.pressofatlanticcity.com:

Precor elliptical machines are considered the finest in workout equipment. Read what fitness professionals and consumers have to say about Precor. In addition to new ellipticals, Fitness Rush also carries a wide selection of used elliptical trainers from Precor, Reebok, Life Fitness, and Spirit. Precor has a commitment to offer our customers the best elliptical trainer.

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