

Fitness Equipments For A Full Body Workout

Health is wealth. In today's world, so many people are leading a rather sedentary life and also working at very boring or stressful jobs, and exercise and maintaining body fitness is often pushed to the back burner. Fitness equipment is essential for proper exercise and a full body work out, and the regular use of fitness equipment is very beneficial to the body and for exercising specific groups of muscles. The benefits of exercising include weight loss in obese people, increase in vitality, improvement of strength, increase in flexibility, improved looks, a feeling of well-being etc, and also a boost in confidence. A study conducted by doctors has shown that, with only 60 days of proper exercise and diet a person can look almost 10 years younger. Nowadays a lot of fitness equipments, used fitness equipments, home fitness equipments etc are available on the market at affordable prices. The most popular fitness equipments are multigyms, dumbbells, bar bells, skipping ropes, rowing machines, tread mills, exercise bikes, balance boards, Swiss balls, resistance bands, punching bags, heart rate monitors, electronic counters etc.:

- * A multi-gym is an exercise equipment where incremented plates are used for variable loads. They are used to strengthen the chest, shoulders, arms, thighs, calves, pectorals etc.
- * Weight lifters generally prefer to use the dumbbells and barbells. These instruments are weights attached to a small and long bar respectively. They are used to exercise biceps, triceps, forearms, shoulders, thighs, calf muscles etc.
- * The treadmill is an exercise equipment used for walking or running.
- * The rowing machine is used to exercise pecs and the lower back. The motion when using the rowing machine resembles that of rowing a boat.
- * The Swiss ball is a rubber ball for developing balance and exercising the abdomen and back muscles.
- * The exercise bike is a stationary bicycle with friction boards for exercising the legs.
- * Balance boards are for developing balance.
- * Punching bags are used by boxers for boxing workouts.
- * Resistance bands are elastic bands used for exercising quadriceps and deltoids.

Many people initially buy average fitness equipments and at a later stage as they get fitter, buy newer and better fitness equipments. For a beginner it is economical to begin with used fitness equipments. For people who are short on time and cannot visit a professional gym, a multi-gym with few dumbbells and barbells are sufficient for workouts at home.

About the Author

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