

## THE PERFECT HOME GYM FOR YOUR BUDGET

What could be more motivating than having a gym inside your very own house? When you make it easier to exercise, you are more likely to do it. Depending on your budget and the space in your house, Life Fitness explains how you can create a home gym that's perfect for you.

**If you want cardio and entertainment:** Consider purchasing home cardio equipment with advanced technology features like an iPod and iPhone docking station, family fitness customization and Virtual Trainer connectivity. The Life Fitness Track Console provides a great workout experience and can be customized to the individual, allowing you to get exactly what you need from the machine and your workout. The Track and its streamlined counterpart, the Go Console, can be added to Life Fitness treadmills, elliptical cross-trainers and Lifecycle Exercise Bikes.

**If you have a tight budget:** A stability ball, resistance tubing and hand weights will give you a complete system for strength training at home. Add a jump rope for cardio. The number of exercises you can do with this combination of equipment is seemingly endless.

Use the stability ball to engage your core muscles (abs and back) as you try to stay balanced. Resistance bands offer variety and allow you to switch up the level of difficulty. Plus, you can do all sorts of exercises, from bicep curls to overhead presses, with both the bands and hand weights.

**If you are tight on space:** A cable motion machine like the Life Fitness G7 Dual Adjustable Pulley gives you the most versatility for cardio and strength in a compact space. The cables allow you to define the motion of the exercise instead of following a fixed path. This creates unlimited exercise variety, similar to free weights. You can perform several exercises in a row with little rest in between to increase your heart rate.

This style of weight machine is often referred to as a functional fitness system, which basically means that many of the exercises performed mimic everyday activities, and can ultimately help you move more comfortably throughout your day.

Bottom line, the major advantage of a home gym is convenience. And that convenience can result in a more focused and effective exercise regimen.