

Suggestions for Setting Up Your Resistance Program: Equipment

by Danny O'Dell

You may recall from a past article that there are two main training methods of altering your body composition:

Resistance
Cardiovascular

This article will present resistance training equipment guidelines to get you started out on a solid exercise routine that will enhance your strength and stamina for living. One of the primary reasons anyone sets up their own weight room or gym is convenience.

Owning your own gear, in your own home allows immediate and anytime access. You will never have to wait to use the equipment or abide by any opening or closing hours. You will not be bombarded with trainers trying to sell you extended fitness packages. Plus, you can listen to your favorite music and actually be able to enjoy the total experience of exercising.

In the long run, if you exercise consistently, you will save money on transportation, gym fees, clothing and most importantly time by having your own gym.

Before doing anything speak with your primary health care provider about your exercise plans.

Resistance equipment recommendations begin with the following items:

- o A log book to keep track of your progress-\$7-\$10
- o A good 300 pound Olympic set-\$170-300
- o Dumb bells from 5-50 pounds depending on your strength level at the time of purchase. These are about \$.50-.90 a pound
- o A solid bench-\$250-300
- o A good power rack-\$400-1100

In addition, there are many different types of balancing items on the market. For example, there are individual balance pads, balls, and platforms that if used consistently will help to develop or maintain your sense of balance. If you decide to buy any of the large stability balls chose the ones that are burst resistant with an eight hundred pound load capacity rating.

Cardiovascular equipment guideline suggestions

- o Heart Monitor
- o Stationary bicycle equipped with a book holder

- o Elliptical trainer
- o Mini Trampoline
- o Treadmill
 - o Adjustable speed and incline levels
 - o Hand rail
 - o Safety stop mechanism

Before purchasing any of the equipment, consider renting it for a month to see if you will actually use it. A check in the want ads of the newspaper may show a listing of the exact piece of gear you have your eyes on. If you go this route, make certain all of the hardware pieces and the documentation from the store or dealer, the warranty cards and the operator's manual are included with the equipment.

If you have questions contact me at Danny@explosivelyfit.com

“The important thing is not to stop questioning. Curiosity has its own reason for existing. One cannot help but be in awe when one contemplates the mysteries of eternity, of life, of the marvelous structure of reality. It is enough if one tries merely to comprehend a little of this mystery every day. Never lose a holy curiosity.”

-Albert Einstein