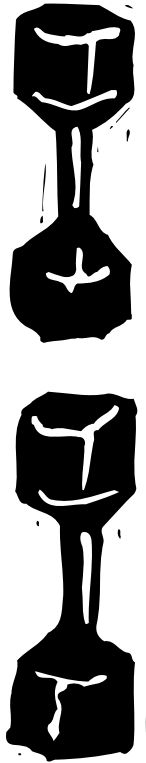


Better Health for Life from
Lehigh Valley Hospital and Health Network

Home Strength-Training Equipment



Before you purchase any equipment, consider how much you want to spend and how much workout space you have in your home, says exercise physiologist Eric Witzel of Lehigh Valley Hospital and Health Network. Here are options he suggests, ranging from smallest and least expensive to largest and most expensive:

- **Free weights (dumbbells)**—Come in weights from 1-10 pounds and up. Use them alone or with a bench (see below). A set of dumbbells of varying weights gives your workout flexibility and allows you to increase weight as you become more advanced. Cost: 35-65 cents per pound of weight (for example, \$3.50-6.50 for a 10-pound dumbbell).
- **Fitness balls**—These large, inflatable balls come in various sizes, and you build core strength by performing exercises while lying across the ball. Cost: \$15-30.
- **Exercise tubing**—A thick rubber band with handles that offers resistance during exercise. The thicker the band the harder the exercise, so purchase one compatible with your abilities. Cost: \$5-7 each. An investment of \$20 would cover 3-4 tubes of varying intensity.
- **Wrist and ankle weights**—Excellent for rehabilitation and muscle toning. Adjustable models can be set from 2-20 pounds. Cost: \$10-20; for adjustable weights, \$15-60.
- **Adjustable weightlifting bench with dumbbells**—A beginner can do just about any exercise with a bench and 1-5-pound dumbbells. Cost: \$100-250.
- **Power block dumbbells**—A versatile dumbbell that allows you to adjust the weight for different exercises. Cost: \$100-250.
- **Multistation gym**—A machine that allows you to do several different exercises with varying weights. Before you buy, test to make sure it fits your body. Cost: \$300-400.



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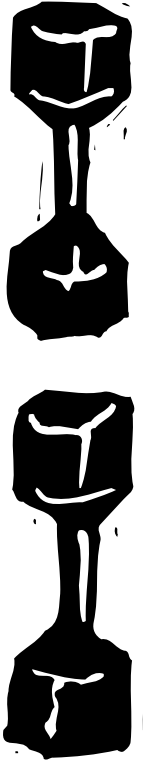
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- **High/low pulley machine**—Instead of lifting weight, cables allow you to pull the weight, for versatility dumbbells and barbells can't offer. Cost: \$200-500.
- **Smith machine**—Safety is the outstanding feature of this “self-spotting” piece of equipment. The machine has guide rails and safety hooks for exercises such as squats, lunges, and chest and shoulder presses; if you can't safely complete a repetition, you just “hook” the bar back. And adjustable brackets can limit the weight's range of motion. Average cost: \$400-800.



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