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[Fitness Equipment for Beginners](#) Prosence, 2018-03-04 Fitness Equipment for Beginners: How and When to use gym equipment Prosence is dedicated to guiding, motivating and providing the tools necessary to transform people into the best version of themselves. Our goal is to empower men and women across the globe to realize that physical and mental fitness are not a short-term solution, but a lifetime choice, and to actualize what they have come to understand into a daily routine. Prosence has created a fitness guide to help you better understand the different equipment you can use as a beginner to stay fit and why you may want to consider it as part of your fitness regiment. Do you wish to know more about fitness equipment for beginners? Do you want to get in shape and maintain it? Do you want to work on your endurance, lose weight, or improve your performance? If yes, you have chosen the right book. As a beginner, it is understood that you will be unaware of the different equipment that can be used to stay fit. People will always have an opinion on how to stay fit - some may ask you to simply walk, swim, dance, or hit the gym. This makes it hard for you to decide what you should do. But, do not worry. This book has been designed to help you understand how you can include different equipment in your fitness program. Over the course of the book, you will learn the following: How to bring variety into your exercise program How to use different equipment safely How to make use of your bodyweight during exercise You may still have some questions about how different equipment can be used. There are different articles on the Internet that may lead you to believe differently. This book addresses some of those questions and concerns. Prosence is dedicated to providing accurate, easy to follow guides, such as this one on fitness equipment for beginners, to help you be your best self. Prosence is firmly committed to motivating, inspiring, and educating through the sharing of objective, fact-based health and fitness information that is rooted in science. We give you the tools you need to get in great shape and build a lifetime of good health. Join us - let's work together to maximize your potential and achieve your optimal self while embracing life to the fullest! So, what are you waiting for? Purchase the book now to step into the world of fitness equipment for beginners!

Fitness Equipment - a Shopper's Guide Tim Adams, 2016-01-20 Tim Adams has been matching people with the right equipment for their fitness goals and budgets for 30 years and, whether outfitting an entire commercial facility or selling a single treadmill or spin bike, his objective is always the same; to be sure that his customers get what THEY need - not what he would like to sell. This short book is the next logical step toward that objective. Following this guide will help you

determine the best fitness equipment for you - equipment that fits your fitness and health goals as well as your budget requirements. With a little planning and consideration, every piece you purchase will be well-suited to your fitness goals without breaking the bank and will be well-loved and well-used. Whether you want a complete home gym or a single piece of equipment, use this guide to learn the differences between types of fitness equipment, what they're used for and how they might benefit you and, most importantly, whether or not they will be a good fit for your specific needs. This book will make you better equipped to research, shop for, and purchase everything you need to put together your perfect home gym. You will be at ease shopping online or in a store without fear. Armed with the knowledge you need and your carefully laid plan, no salesperson, friend, or relative will be in a position to steer you to a purchase that doesn't meet your needs.

A Guide to Exercise and Fitness Equipment Prevention Magazine, 1987

The Market for Physical Fitness and Exercise Equipment Find/SVP (Firm), 1989

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