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Tim Adams

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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

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