

GYM EQUIPMENT

TREADMILL

A **treadmill** is an exercise machine for running or walking while staying in one place. The machine provides a moving platform with a wide Conveyor belt & an electric motor or a flywheel. The belt moves to the rear allowing a person to walk or run an equal, and necessarily opposite, velocity. The rate at which the belt moves is the rate of walking or running. Thus, the speed of running may be controlled and measured. The more expensive, heavy-duty versions are motor-driven. The simpler, lighter, and less expensive versions passively resist the motion, moving only when the walker pushes the belt with their feet.

Advantages of using a TREADMILL

As a cardiovascular exercise:

Treadmill training can improve endurance and provide a wide variety of health benefits. They offer the benefit of reduced impact since all treadmills offer some sort of shock absorption. Exercising on a treadmill can reduce the strain to the ankles, knees and lower back that would be involved in running on a normal surface.

As an indoor activity:

Users who would not run/walk outdoors (e.g. due to unfavorable weather conditions, uneven road surfaces, dangerous neighborhoods or unwanted attention) may use an indoor treadmill. Users who do not wish to join a gym may use an indoor treadmill at home. Users can do other things while exercising, such as watching television or reading.

As a machine:

Enables exact calculation and adjustment of slope and speed, and thus the energy expended may be calculated. Some treadmills have special features such as step count, heart rate monitors, and number of calories expended.

CROSS TRAINER

A **cross trainer** (also elliptical trainer or simply elliptical) is a stationary exercise machine used to simulate walking or running without causing excessive pressure to the joints, hence decreasing the risk of impact injuries.

Elliptical trainers offer a non-impact cardiovascular workout that can vary from light to high intensity based on the resistance preference set by the user. Most elliptical trainers work the user's upper and lower body (although some models do not have moving upper body components). Using an elliptical trainer is designed to elevate the heart rate more than building muscles.

Advantages of using a CROSS TRAINER

The advantages and benefits of a cross trainer as compared to other fitness equipment are as follows:

1. Weight bearing form of exercise that helps maintain bone density.
2. Continuous elliptical motion creates a low impact workout.
3. Elliptical motion is similar to walking and is thus easy to learn and sustain.
4. Handles encourage users to work upper body muscles providing a total body workout.
5. Elliptical cross trainers offer one of the best forms of cardiovascular training – onboard computers help plan and monitor cardio workouts.
6. The equipment is relatively simple, so there are fewer parts to replace or mechanical things that can go wrong.

SMITH MACHINE

The **Smith machine** is a piece of equipment used in weight training. It consists of a barbell that is fixed within steel rails, allowing only vertical movement. New variations allow a small amount of forward and backward movement. A Smith machine often includes a weight rack in the base to help stabilize it. Some Smith Machines have the barbell counterbalanced. These days, a lot of variation along with ad-ons can be seen on the smith machine to target other muscle groups of the body.

Advantages of using a smith machine

The advantages and benefits of a smith machine are as follows:

1. Behind each vertical post (runner) is a series of slots on which the barbell can be hooked. This means that unlike an ordinary barbell, the Smith machine need not be re-racked after a set of repetitions: it can be secured at any point. This makes it safer for those who weight train without a spotter, as one only needs to twist his/her wrist in order to lock the barbell in place in the event that the weight becomes too great.
2. Most models also incorporate blocks, pegs, or other devices which can be adjusted to automatically stop the barbell at a predetermined minimum height. This further increases the safety factor.
3. Because it cannot fall forwards, backwards or sideways, a Smith machine is considered safer to use than an ordinary barbell.

4. Since the weight does not need to be stabilized, this can allow unstable lifters to lift more weight.

STATIONARY BICYCLE

An exercise bicycle or bike, or **stationary bicycle**, or Exercycle is a device with saddle, pedals, and some form of handlebars arranged as on a bicycle, but used as exercise equipment rather than transportation. An exercise bicycle is usually a special-purpose exercise machine resembling a bicycle, but it is also possible to adapt an ordinary bicycle for stationary exercise, either by placing it on rollers or a trainer. Rollers and trainers are often used by racing cyclists during warm-up routines prior to racing events, or as a training option, perhaps when the weather is too bad to train outdoors.

Advantages of using a STATIONARY BICYCLE

The advantages and benefits of a stationary bicycle are as follows:

1. Exercise bikes are used for exercise, to increase general fitness, and for training for cycle events.
2. The exercise bike has long been used for physical therapy because of the low-impact, safe, and effective cardiovascular exercise it provides.
3. The low-impact movement involved in operating an exercise bike does not put much stress on joints and does not involve sporadic motions that some other fitness equipment may require.
4. When you are sitting on the stationary bike, you are strengthening the leg & thigh muscles, and that also includes the hamstring, located in the back of the thigh. When you push down on the stationary bike, you have to make use of quadriceps while the pull motion brings into play the hamstrings. So, the benefit of stationary bike exercise is that it acts positively on both leg & thigh muscles, & hamstrings.