

Exercise Equipments Categories

Condition a person has a desire to get back in shape then the improvement of workout routines is required. Earlier most easily available exerciser was a skipping rope. But these days market is flooded with the fitness equipments. There are two main broad categories in which the fitness equipments can be categorized on basis of the type of exercise they provide. Getting familiar with their types and their usage is important. Naming them we call it cardio and strength training. Both of these types of fitness equipments are required for good and healthy body.

As the name suggests cardio vascular is helpful in enhancing the health of heart. This is achieved by burning fats. Thus this increases the heart rate. Cardio vascular exercise equipments have a screen on which heart rate is displayed and thus provide the facility of modifying the workout techniques. Statistics like total energy consumed by the body in calories and measure of the distance traveled etc are displayed on panel of the machines. This is an efficient way to check about the workouts.

The second categories of fitness equipments include strength training equipments. Weight machines, free weights etc are included under the strength training equipments category. As the cardio exercise equipments help in enhancing the heart rates, strength training equipments help in building the muscular strength. The machines are often used by power lifters and body builders to give shape to their muscles. These equipments help in maintaining the outcomes of the cardio exercises.

Free weights are available in various shapes and sizes. They vary according to their shape, size and weight. The round shaped weights are used in combination with the barbells. The size of barbells can be small or large. Muscles of whole body are stretched and are preferred instead of weight machines by some people. Advantage of the weight machines is that they are more secure and help in lifting more weights than free weights. This technique is secure as the weight machine ensures the right posture to be used for while lifting of the weights. The machines of weight carry a heap of weights which can be incremented or decremented according to need and capacity of weight lifter. Weights are attached to a winch.

The bars are used for the biceps and the triceps muscle building while a crunch machine is used for abdominal area fitness. In these equipments body weight is used for providing resistance as weights are not used. Other type of exercise equipments which fall under the category of strength training are resistance and balance exercise equipments. These can be used alone or with the weights. The resistance equipments include elastic bands and are used without weights.

About the Author

Bekie Cohner is a health and wellness professional with 16 years experience helping people make the right decisions for everything from [Exercise Equipment](#) to [nutritional supplements](#).

Source: <http://www.healthcrazed.com>