



Setting Up a Home Gym

Establish Your Fitness Goals

Once you've made that important commitment to including an exercise routine into your life, it is important to identify your specific fitness goals. Do you want or need to lose weight? Are you looking to build strength? Do you want to improve your overall health and endurance?

All of these goals are important to choosing the home exercise equipment and workout routine best suited for you.

Choose Activities You Like

"Nothing shortens a workout than not enjoying what you are doing," said Kevin Lamar, president of Lamar Health, Fitness & Sports and a former NFL player. "Before establishing your fitness routine, think about what types of exercise you like. For example, if you enjoy walking or running, be sure to consider a treadmill. If you are a cyclist, either the upright or new recumbent bikes may be just what you need. It will be important to incorporate these interests into your daily workout so you can stick with your exercise program."

Lamar recently partnered with *Champion* to develop a line of home exercise equipment including treadmills, ellipticals and bikes which are some of the most popular segments of exercise equipment on the market today.

Select a Mix of Cardio Equipment

A cardiovascular workout focuses on getting the heart rate up, burning calories and building endurance. "Any fitness program should start with a solid foundation of cardiovascular exercise that involves a number of different muscle groups with varying levels of intensity," said Lamar. "When setting up your home gym, consider purchasing two different types of cardio equipment. For example, combine a high level intensity piece of equipment like a treadmill or elliptical, with a piece that encourages a longer, lower impact workout like a bike. This will help vary your workout, decrease boredom and involve more muscles."

Try Out That Equipment Before You Purchase

Once you've decided what types of exercise equipment you want to purchase, put on your sneakers and head to your local sporting goods store to try them out. It is important to actually "workout" on these pieces to make sure they are comfortable for your body and are providing you with the features that you want. "In general, most people do not spend enough time actually trying out the different pieces of equipment before they make their purchase, but it's important," said Lamar.

Focus on Endurance, Strength, Flexibility and Balance

While a cardiovascular workout is key to any fitness routine, it's also important to incorporate exercises that help build strength, flexibility and balance.

- A home gym begins with cardiovascular equipment like a treadmill, bike or elliptical
- Augment your cardio workout with strength training using free weights
- Build flexibility and balance through floor exercises and stretching