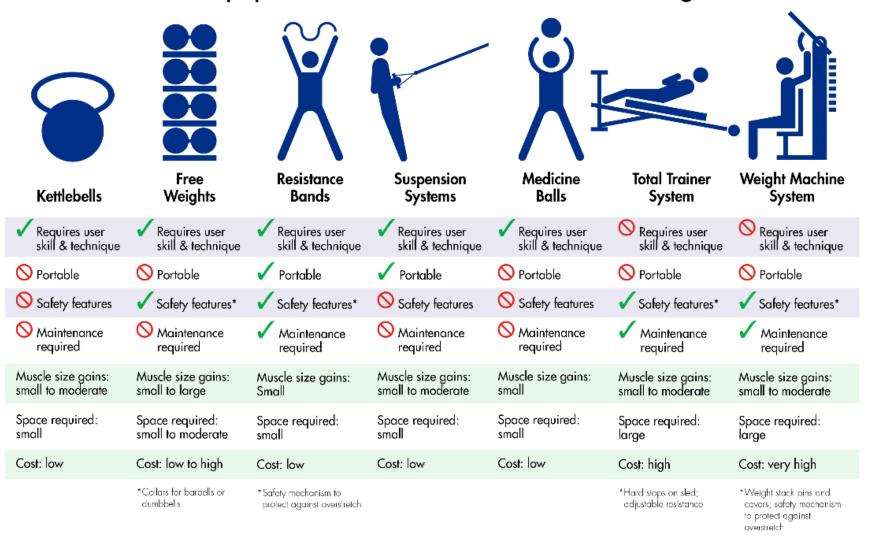
What Exercise Equipment is Good for Your Home Weight Room?



Equipment needs are different for each person's home gym. Know your health and fitness goals, what you enjoy doing, and create a budget. Consider whether you need a second person for safety "spotting" during some exercises. Test before you buy to make sure the equipment fits your body, and look for consumer ratings on product quality. Check warranties, customer service and manufacturer ratings before buying.

