

## Machines To Keep Us Fit

If a person has a desire to get back in shape then the improvement of workout routines is required. In earlier times 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. One should be familiar with their types and their usage. They are namely cardio and strength training. Both of these types of fitness equipments are required for good and healthy body. Cardio vascular as the name suggests is helpful in enhancing the health of heart. This is done by burning fats. Thus the heart rate is increased. Cardio vascular exercise equipments have a screen on which heart rate is displayed and thus provide the facility of modifying the workout techniques. Also the information like total energy consumed by the body in calories and measure of the distance traveled etc are displayed on panel of the machines.

Thus in this way an efficient check can be kept on 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. These 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. There are various types of free weights. Their variation is according to their shape, size and weight. The weights which are round in shape are used in combination with the barbells. The barbells can be small or large. Free weights stretch muscles of whole body and are preferred instead of weight machines by some people. Benefit of the weight machines is that they are more secure and help in lifting more weights than free weights. It is secure as the weight machine ensures the right posture to be used for while lifting of the weights. The weight machines have a heap of weights which can be incremented or decremented according to need and capacity of weight lifter. These weights are attached to a winch. The chins up 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. They are 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>