

## Things to consider when purchasing training equipment

1. The product should be easy to understand and use, with clear instructions in English.
2. The product has to work properly.
3. Everyone should be able to use it: men and women, big and small, petite and large, weak and strong, flexible and inflexible.
4. Weight magazines in various machines should correspond with each other. If your body strength is balanced throughout and you use half the weight stack in one machine, you should use about the same in machines for other muscle groups.
5. Bio-mechanically correct strength curve. One should use more than 80 % of their max strength when trying out a machine in order to ascertain if a machine is bio-mechanically correct. Load should be smooth and even throughout range of motion and not overly heavy or light anywhere.
6. Movement joints are placed so that cushions and rollers do not move up and down i.e. on the lower leg of a leg extension machine. Handle pressure should be even for both pushing and pulling movements and evenly distributed over the entire hand and fingers throughout the movement.
7. Machines should offer ergonomically correct support for the body's stabilizing structures. One should sit or lay safely.
8. Guarantees are important!
9. Service and replacement parts should be readily available.

**Good luck with your purchase!**