



What Type of Equipment Should I Buy for My Corporate Fitness Center?



The equipment selection should include a wide range of cardio, strength and functional training equipment.

- Free weights should be limited to supervised facilities.
- Cardiovascular equipment should include treadmills, ellipticals, upright and recumbent bikes, step mills, rowing machines, etc.
- Strength equipment should include a combination of selectorized machines and functional training equipment like TRX's.
- You will also need fitness equipment for group exercise classes such as steps, stability balls, dynabands, light weights, etc.
- Fitness testing and audiovisual equipment will also need to be purchased.
- Don't overload your fitness center with equipment.
- Try to maintain as much open space as possible!

READY TO TAKE THE FIRST STEP?

To determine your fitness equipment needs, contact:

Gary Klencheski
President

gary@firstfitmgt.com
617 767-3100

