

Weight Lifting Equipment

There are different kinds of weight lifting equipment available in the market. However, it is sometimes better to start with free weights such as, dumbbell and barbell before lifting heavy weights. Weight lifting material are classified in two different forms free weights and machines. Free weights are the light weight lifting equipment, normally used to pump the muscle.

There are various kind of free weight equipment available for different part of body such as, dumbbell, barbell, tricep bars, ez curl bar, Weight Plates, benches, hyper extension bench, preacher bench ,the arm blaster, abdominal bench, stability ball (swiss ball), dipping bars, chin up bar and racks.

Dumbbell appears like a short size of barbell it is commonly used for pumping bicep, Dumbbell come in different size and weight normally dumbbell are fifteen inches and weight of the dumbbell start from five lbs and goes on increasing according the requirement. Another, commonly used equipment is barbell, it is used to do different exercise for shoulder and other body parts.

The second category of weight lifting equipment is machines thus, with the help machine weight lifter can do various lifting without a spotter which is not possible with free weights, when you start to go above a certain weight. Machines are commonly preferred because of the fact of being very safe to use.

There are all kinds of different and sophisticated machines, Leg Press Machine, Hack Squat Machine, Leg Extension Machine, Leg Curl Machine, Calf Machines, Leg Adduction / Abduction Machine, Lat Pull Down Machine, Cables and Pulleys and Pec Deck Machine all these types are necessary for a professional weight lifter to hit all the different muscle groups.

There are certain accessories for weight lifting, which can help such as gloves, straps and elbow sleeves..

Online shopping has become so easy, that if you're thinking of buying any weight lifting equipment for home use. It's quick and easy to do research and find the right equipment for what you need.

The important thing that should be noted when buying online, is check reviews from other customers. For not just the quality buy also service and refund policy.