



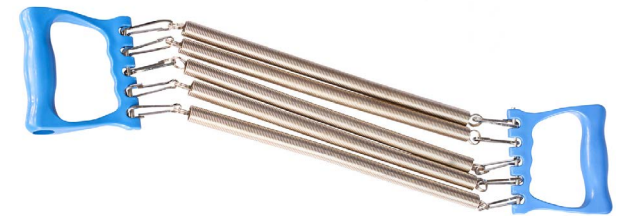
Indoor fitness

While outdoor fitness is recommended – as long as the environment is not polluted - indoor fitness is well suited to urban, sedentary life. Fitness centres are equipped with an increasing variety of machines and devices designed to exercise every part of the body with more and more sophisticated electronics to monitor calories spent, distance, time, etc. ... Equipment can also be used at home.

Fitness equipment uses a variety of metallic materials, mostly painted carbon steel, Cr-plated carbon steels, cast iron (for weights), aluminium and stainless steel. Stainless steels are likely to be used more often in the future, to eliminate the problem of treating toxic plating waste, to allow a better disinfection of the equipment and to provide more aesthetic designs.



Lifting Bar



Spring chest exerciser



Pushups handles and handgrips



Dumbbells