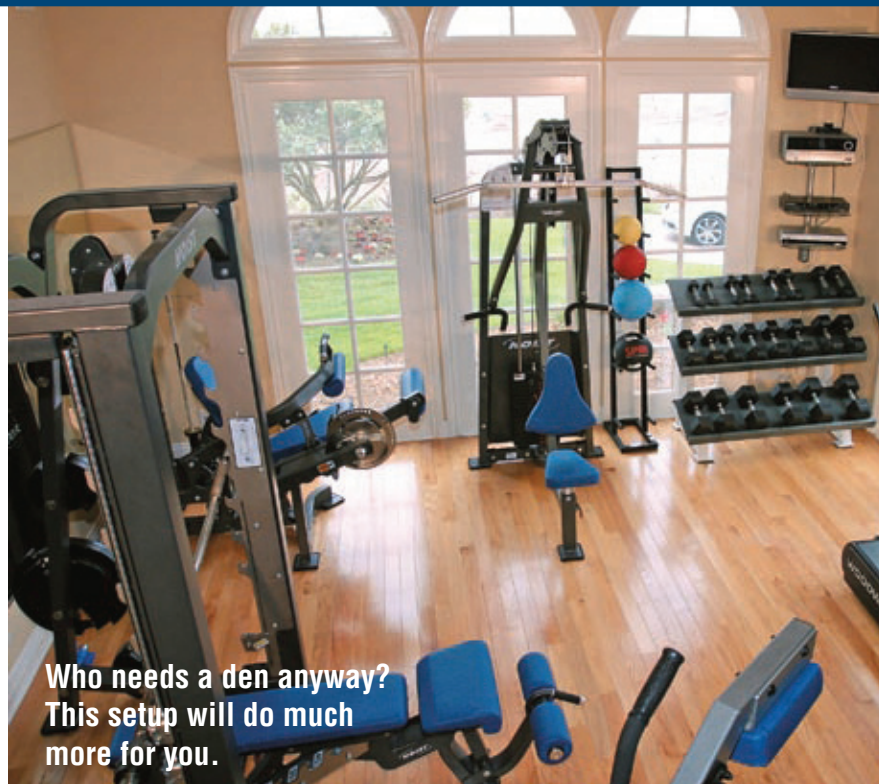


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MENS FITNESS

CREATE YOUR ULTIMATE HOME GYM FOR LESS



Who needs a den anyway? This setup will do much more for you.

DITCH THE CROWDS AND MEMBERSHIP FEES WITH THESE AFFORDABLE WORKOUT SETUPS FOR YOUR PAD

By Carol Ann Weber

Chris Fisher, president of Out-Fit in Simi Valley, Calif. (out-fit.net), works with A-list talent and regular Joes, finding the best combinations of equipment for stars such as Jessica Alba and Hank Azaria or a father of three with some spare room in the basement.

“Give me a 12-by-12 room and I’ll tell you my top five pieces,” says Fisher. “It’s always going to be a functional trainer, a rack of dumbbells and a bench, an exercise ball, and at least one piece

of cardio equipment. Also you should keep an area open for stretching, floor work, and

Does the gym actually keep you from getting your workouts in? Even for the most fanatical fitness guys, the crowds, distance, and, in these lean times, the cost of belonging to the local gym can be enough to make a training session more stressful than cathartic.

yoga.” (Note: A functional trainer is any machine on which you can perform multiple exercises standing, sitting, or lying down.) Fisher collaborates with personal trainers, architects, contractors, and interior designers to create totally customized facilities. He



An open area for stretching and floor work is essential.

starts the process by asking about the client’s fitness level, injuries, and fitness goals. Then, of course, comes the question of space. Fisher offers several different packages, with the most common

one, his “homegrade package” costing about \$5,000.



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