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## Choosing the Safest Exercise Equipment

All of us need to put safety first when deciding whether to use treadmills, recumbent bikes, hand weights or other exercise equipment. For that reason, our [firm](#) recently reviewed the Consumer Product Safety Commission's (CPSC's) list of [recalled exercise products](#) in an effort to help our readers avoid purchasing or using any potentially dangerous equipment. In addition to familiarizing readers with a number of questionable exercise products, this article concludes with helpful tips on purchasing repair contracts and refurbished equipment.

We suggest that you print out the following list of exercise equipment and then compare it to all of the products you're currently using either at home or at your favorite gym. The products have been grouped according to the types of injuries they may cause.

### Recalled Exercise Equipment That Can Cause Falls or Other General Injuries

- **Coulter Ventures** recalled **Rogue Fitness Barbell Brackets** due to general injury risks; 2011;
- **Perfect Fitness** recalled **Perfect Pullups** due to fall injury risks; 2011;
- **EB Brands** recalled **Resistance Stretch Tubing** due to general injury hazards; 2011;
- **Powertec** recalled **Leverage Gyms** for repairs due to injury hazards; 2010;
- **Inversion Benches** were recalled by **ICON Health & Fitness** due to fall risks; 2010;
- **Thane** recalled **Elliptical Exercise Gliders** due to fall hazards; 2009;

- **Horizon Fitness** and **LIVESTRONG™ Fitness Elliptical Trainers** were recalled by **Johnson Health Tech North America** due to fall risks; 2010;
- **Nautilus** recalled **Bowflex Home Gyms** due to general injury risks; 2009;
- **Nautilus** also recalled **Exercise Units** due to fall hazards; 2009;
- **Cybox International** recalled some of its **Treadmills** due to fall risks; 2008; and
- **Stamina Products** recalled **Inversion Therapy Tables** due to fall risks in 2008.

## Recalled Exercise Equipment Posing Contusion, Laceration or Crushing Risks

- **Dick's Sporting Goods** recalled **Fitness Resistance Tubes** due to risks of
- contusions and lacerations; 2011;
- **Paramount Fitness** recalled **Leg Curl Fitness Machines** due to risk of crushing hazards; 2009; and
- **Reebok International Ltd.** recalled some of its **Exercise Cycles** due to risks of laceration injuries in 2008.

## General Reminder: Purchasing Repair Contracts for Home Exercise Equipment

In general, it's often wise to go ahead and purchase in-home repair contracts for all major exercise equipment purchases. It's far too easy to injure this type of equipment when trying to box it up and mail it back to a manufacturer. Also, always ask sellers what types of repair contracts they offer and how they handle repairs during early warranty periods versus those that may become necessary once your extended service repair contract becomes effective.

Give serious thought to purchasing name brand exercise equipment from a local retail or department store that offers their own in-home repair service plans. If the seller doesn't offer a reasonable fee for setting up your equipment, along with a warranty for that service, consider hiring a reputable local company to do that for you.

## Warning: Purchasing and Using Refurbished/Used Exercise Equipment

Although major manufacturers frequently sell some of their own refurbished exercise machines and equipment to the public, we think it may be best to just go ahead and invest in buying *brand new* pieces of equipment since they usually come with the longest warranty coverage. Be very hesitant about buying used exercise equipment from anyone trying to sell theirs online or in your local newspaper. The sad fact is that private individuals often won't tell you about their product's flaws, leaving you with little recourse once you've paid for your purchase. Stated differently, saving a few dollars by buying used equipment from a stranger can easily lead to later injuries and major medical fees due to undisclosed flaws.

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