



Best Buys in Home-Fitness Equipment

Best Buy Categories:

[P]=Premium selection;
[M]=Midrange selection;
[E]=Economy selection.
See page 72.

All Best Buys were selected based on features, aesthetics, solid construction and the manufacturer's reputation for durability. All elliptical machines, exercise bikes and treadmills have heart-rate monitors, an important feature for gauging proper workout intensity and a user's progress over time. All elliptical Best Buys have both stationary and cross-trainer arm handles. All exercise bike Best Buys have similar upright versions. Best Buy descriptions, dimensions and weight are for recumbent models. All home gym Best Buys provide at least some free-motion strength training. All treadmill Best Buys have instant-response keys. Prices do not include charges for delivery or setup—services that might be necessary with these large, heavy pieces of equipment.

Best Price reflects the lowest retail price available at press time and is subject to change.

Elliptical Machines

[P] Octane q37e

List: \$2,699; Best Price: \$2,499
The q37e couples a solid feel and heft with more comfort, performance and style than costlier, better-known brands. It has a smooth, long-stride pedal motion (20.5-in.) and a multiposition handlebar with a unique converging arm path that

mimics your arms' natural motion. The q37e has an excellent control panel/display screen, heart-rate control (via a chest strap) and a unique ArmBlaster mode that emphasizes the upper body. The **q37ce (\$2,899)**, which has hand-contact heart-rate sensors, is also a Best Buy.

Features:

- * Preset programs: 10
- * Dimensions: 60 in. (h) x 32 in. (w) x 79 in. (l)
- * Weight: 260 lbs.
- * Warranty: Lifetime frame; 3-yr. parts; 1-yr. labor

[M] Fitline e100

List: \$1,399; Best Price: \$1,299
In a price range known for rickety ellipticals, Fitline, the low-tier brand of top-end supplier True Fitness, stands out. The e100 has a solid, natural feel (the product of a 20-in. stride and full-extension arm motion) and a wobble-free, smooth-as-glass flow thanks to dual wheels—not solo, like most others—on the glide rails. It includes hand-contact heart-rate monitoring and a clean-looking control panel with bar-graph course profiles—a smaller version of club-machine screens. Drawback: It lacks a backlight for its LCD display.

Features:

- * Preset programs: 12
- * Dimensions: 66 in. (h) x 30 in. (w) x 77 in. (l)
- * Weight: 174 lbs.
- * Warranty: 10-yr. brake; 3-yr. parts; 1-yr. labor



Lemond g-Force RT

Features:

- * Preset programs: 8
- * Dimensions: 56 in. (h) x 29 in. (w) x 67 in. (l)
- * Weight: 160 lbs.
- * Warranty: 7-yr. brake; 1-yr. parts and labor

Exercise Bikes

[P] Lemond g-Force RT

List: \$2,495; Best Price: \$2,199
This quiet, cordless beauty brims with comfort, fashion and performance touches not found on other exer-bikes. It has a well-ventilated mesh-back seat with an easily adjustable five-way tilt, which helps you work several muscle groups; a super-high workload range that's enough for world-class athletes; and a function that lets you take up to a 2-min. break without the bike shutting down. The big, easy-to-use control panel includes chest-strap and handlebar heart-rate monitoring and allows for the storage of three custom user profiles. The upright **g-Force UT (\$2,295)**, is also a Best Buy.

Features:

- * Preset programs: 11
- * Dimensions: 48 in. (h) x 29 in. (w) x 60 in. (l)
- * Weight: 156 lbs.
- * Warranty: Lifetime frame and cranks; 5-yr. brake; 2-yr. electronic components and parts; 1 yr. labor

[M] Vision R2250 HRT

List: \$1,499; Best Price: \$1,399
This model has the satisfying look, feel and electronic feedback of a club machine, packaged in a

design that eases access for older people. The easy-to-use control panel has a large dot-matrix screen. Among its programs is "Sprint 8," a challenging 20-min. interval workout designed for high performance. The upright **E3200 HRT (\$1,099)**, is also a Best Buy.

Features:

- * Preset programs: 9
- * Dimensions: 53 in. (h) x 26 in. (w) x 64 in. (l)
- * Weight: 150 lbs.
- * Warranty: Lifetime frame and brake; 3-yr. electronics and parts; 1-yr. labor

[E] Diamondback 460Rb

List: \$549; Best Price: \$499
Credit this model's eerie quiet and rock-solid feel to Diamondback's cycling heritage, which led it to mate expensive sealed bearings and a three-piece crank with the same drive system as found on more expensive exer-bikes. Loaded for a low-end bike, it has a handsome LCD control panel, hand-contact heart-rate sensors and a chest strap. It's powered by four D-cell batteries, although an optional \$25 AC cord is available. The upright **460Ub (\$449)**, is also a Best Buy.

Features:

- * Preset programs: 6
- * Dimensions: 46 in. (h) x 26 in. (w) x 52 in. (l)
- * Weight: 95 lbs.
- * Warranty: Limited lifetime frame and brake; 2-yr. parts and electronics; 1-yr. labor

(Best Buys continued on page 49)



Octane q37e

[E] Horizon EX-55

List: \$599; Best Price: \$559
The EX-55 is surprisingly fluid, solid and well-appointed for beginners. Although its 18-in. stride length might yield a choppy leg motion for taller, hard-core exercisers, this model offers a full, uncramped arm extension and a good all-around feel at a low price.