



Life Force Fitness Home Fitness Equipment Scorecard

LFF Home Workout Equipment Scoresheet	Price	Aerobic fitness	Metabolic burn	Ability to build strength & tone									Mobility / flexibility / posture
				Thighs	Hamstrings	Chest	Back	Shoulders	Biceps	Triceps	Glutes	Core	
Bodyweight HIIT	Zero	Good	Excellent	Good	OK	OK	Poor	Poor	Poor	OK	Good	OK	Poor
Bodyweight endurance	Zero	Excellent	Good	OK	OK	Poor	Poor	Poor	Poor	Poor	OK	Poor	Poor
Bodyweight strength exercises	Zero	Poor	Poor	OK	OK	Good	Poor	Poor	Poor	OK	OK	Good	Poor
Bodyweight - yoga	Zero	Poor	OK	OK	OK	Poor	Poor	Poor	Poor	Poor	OK	Excellent	Excellent
Cardio equipment	High	Excellent	OK	OK	OK	Poor	Poor	Poor	Poor	Poor	OK	Poor	Poor
Resistance bands	Low	Poor	OK	OK	OK	Good*	OK	OK	OK	OK	OK*	Good	OK
Swiss ball	Low	Poor	Poor	OK*	Good	Good*	Poor	Poor	Poor	OK*	Good	Excellent	OK
Dumbbells & bench	Medium	Good	Excellent	Excellent	Good	Excellent	Excellent	Excellent	Good	Good	Good	Good	Poor
Chin up bar and dipping station	Medium	OK	Good	OK*	OK*	Excellent	Excellent	Good	Good	Excellent	OK*	Good*	Poor
Bench, barbell, plates and gun rack	Medium	Good	Excellent	Excellent	Excellent	Excellent	Excellent	Good	Excellent	Excellent	Excellent	Good	Poor
Kettlebells	Medium	Good	Excellent	Good	Good	Good*	OK	Good	Poor	OK	Good	Good	OK
Multigym cable system	High	Good	Good	Good	Good	Excellent	Excellent	Excellent	Excellent	Excellent	Good	Good	OK
Combination system	High	Good	Excellent	Excellent	Excellent	Excellent	Excellent	Excellent	Excellent	Excellent	Excellent	Good	OK

* Assumes you can do bodyweight exercise