

Product Research for Best Home Gyms																																																									
Sl.	Picks	Product Name	No of Positive Features	Avg. Rating	No. of reviews	Price on Amazon	Rating Freq. (Latest 10)	Rating Freq. (Recent 11-20)	Rating Freq. (Recent 21-30)	Dimension	Material	Concentration	Legs	Chest	Back	Arms	Core	Build your glutes, hamstrings & quads	Sliding seat rail adds aerobic rowing training	Assembly	Assembly Process Time	Shipping	Custom Workout Routine	Pull-Up Station	Push-Up Station	Vertical Knee Raise (VKR) Station	Resistance Bands	Motion & Added Flexibility	Resistance	Leg press	Foldable & Easy to Store	Able to Cut Calories	Adjustable Wheels	Comfortable Grips	Warranty	Very Durable	Able to tone body muscle	Able to be used in multi purpose	Full Body Workout	Body-shaping Exercises (Amount)	Pulleys/ Cable	Product weight	Rocker Pads	Row/ Curt Bar	Organize Weights/ Barbells	Pad Provides Comfort	Adjustable Rollers	Adjustable Bench	Enhanced Safety								
1	Our Pick	Weider Ultimate Body Works	28	4.4	1098	\$199.00	14 Days	12 Days	7 Days	71" x 26.5" x 49.5"		Core	Yes	Yes	Yes	Yes	Yes			Easy		Free					4	Yes	Can add 200 lbs extra	Yes	Yes	Yes	Yes		90 days		Yes	Yes	Yes	100	Yes	70 lbs						Yes									
2	Runner Up	Body Champ BC35860 Fitness Olympic Weight Bench	28	4.3	196	\$195.03	27 Days	20 Days	19 Days	76 x 56 x 55 "	Steel	Strengthen Core, Build Muscle	leg lifts	Yes	Yes	arm curls	Ab crunch					Free		Yes					Yes		Yes		Yes	90 Days (on Parts) Limited 1 Year		Yes	Yes			78-48 lbs	Yes	Yes		Yes	Yes												
3	Budget Pick	Weider Power Tower	24	3.9	1274	\$149.00	10 Days	11 Days	14 Days	57 x 41 x 84 "		Upper body		Yes		Bicep curls & tricep pushdown	Yes with push up station			Required		Free	Yes with 4 Station	Yes	Yes	To lose inches around waist & develop 6-pack Abs		250-300		Yes	Yes		Yes	90 days parts & labor	Yes	Yes				93lbs				Yes													
4	Advanced Pick	Rowflex Blaze Home Gym (Model: 340000)	29	4.3	281	\$717.70	65 Days	40 Days	70 Days	90 x 38 x 83 "		Build Muscle	Leg extension/ Leg curl	Yes	Lat tower with angled lat bar helps	Yes	No	Squat Station helps		Easy	2-3 Hours	Free	Yes with multiple pulleys	Yes				210-410lbs	Yes	Yes	Yes	Yes	Yes	Machine: 5 year Rods: Lifetime Parts: 60 days		Yes	Yes	Yes	Yes	60+	Yes			Yes		Yes											
5	5 th	Marcy 150-lb. Multifunctional Home Gym Station	22	4.1	104	\$499.99	39 Days	26 Days	30 Days	68 x 36 x 79	Steel frame	Strengthen Core, Build Muscle	Leg extension/ Leg curl	Yes	chest press arm and vertical butterfly	Yes	Yes					Free					Yes	214		Yes			Frame: 2 year		Yes		Yes		yes	265																	
6	6 th	Rowflex PR1000 Home Gym	22	4.4	707	\$750.00	23 Days	24 Days	37 Days	84 x 38 x 84		Any muscle group	Yes	Yes	Yes	Yes	Yes		Yes	Required	2-3 hrs	Free						210			Yes			Frame 1 year, Parts 6 months				Yes	30+	Yes & Changeable	130.9																
7	7 th	Fitness Reality 810RLT Super Max Power Cage	21	4.6	416	1,199.00	9 Days	3 Days	10 Days	51 L x 23.5" x 9"	Square Steel Frame Construction			Yes	Yes	Yes	Yes			Required		15.49						800					1 year limited	yes	yes	yes	Yes	20		Nearly 170				Yes	Mounted & Chrome Lock												
8	8 th	Gold's Gym XR 10.9 Power Tower	21	4.4	78	\$111.99	115 Days	174 Days	185 Days	57 x 41 x 84 "	Steel/plastic	Strengthen Core	No	Yes	Yes	Yes	Yes	Yes					Free		Yes	Yes	six pack with the comfortable vertical knee raise station		350 lbs		Yes		Yes	2 years on frame	Yes	Yes	Yes	Yes		99 lbs				Yes	Yes												
9	9 th	Marcy Multifunction Steel Home Gym 1500lb Stack MKM-988	16	4	79	\$899.01	69 Days	36 Days	59 Days	68 x 36 x 79 "	Heavy-duty 14-gauge steel	Strengthen Core, Build Muscle										Free					300 lbs		Yes				Yes	Yes	Yes	Yes	Yes	265 lbs			Yes	Yes															
10	10 th	Total Gym 1600	20	4.7	66	\$249.99	110 Days	73 Days	81 Days	92.5 x 16 x 43.25	Solid material	Strength, cardio					Yes					Free			Yes	8	yes	250	yes		Yes		Yes	limited one-year warranty		Yes		Yes	70	yes	75	Yes															
11		Marcy Smith Cage Workout Machine Total Body Training Home Gym System with Linear Bearing MD-9010G	27	3.9	282	\$999.99	44 Days	56 Days	47 Days	95 x 79" x 86"	Tubular Steel	Upper and lower body	Yes	Yes	Yes	Yes	Yes			Not Easy	6-8 hrs	Free			Yes			Yes	300	Yes		Yes		Maybe	2 years on frame	Yes	Yes	Yes	Yes		300lbs+	Yes	Yes	Yes	Yes				Yes								
12		Total Gym 1400 Deluxe Home Fitness Exercise Machine Equipment with Workout DVD	20	4.4	198	\$300.70	46 Days	138 Days	82 Days	92.5" x 16"W x 43.25"			Leg extension, hamstring curls, and kickbacks	Incline & seated presses	Various pull/down movements	Bicep curls, dips & tricep extensions	Ab crunch, Lower ab crunch, leg lifts					Free	Come with a DVD					250		easy to move	Yes			1 year		yes	yes	Yes	Yes	60+	75																
13		Rowflex PR3000 Home Gym	19	4.3	165	\$729.19	120 Days	98 Days	87 Days	64.00 x 41.00 x 81.00"	Strengthen Core, Build Muscle	leg extensions and leg curls	Flat, incline & decline press	Lat pull-down with cables, row, lower back extension	Bicep curls and tricep pushdown	Ab crunch, trunk rotation & oblique crunch					Free					5	210-310			Yes	7-year power rod warranty, and 1-year machine warranty		Yes		Yes	Yes	50+	300 lbs																			
14		Marcy Smith Cage Machine with Workout Bench & Weight Bar Home Gym Equipment SM-4008	19	3.6	107	\$699.99	87 Days	79 Days	114 Days	98.00 x 59.00 x 82.00"	Strengthen Core, Build Muscle	Leg Curls	Chest press (Varied hand grip)	Chin up bar used	Chin up bar used		Contoured foam roller pads to target				Free		Yes				300	Yes		Yes			2 years limited on parts		Yes	Yes	Yes		Yes	289 lbs				Yes	adjustable safety stops												
15		Total Gym XLS - Universal Home Gym for Total Body Workout	19	4.4	386	\$824.44	60 Days	138 Days	165 Days	9' W x 90 L x 43 "		All body parts	Yes	Yes	Yes	Yes	Yes	Yes			Not required	77-71	5 workout DVD					400		Yes	Yes			6 months to all parts. Lifetime on frame	Yes	Yes	Yes	Yes	Yes	80																	
16		Body-Solid Powerline Home Gym	18	3.9	80	\$799.00	415 Days	260 Days	147 Days	70" L x 42" W x 80"		Build Muscle				Yes	Yes			90% Pre-assembled		Free						400	yes	Yes	Yes			10 yrs on frame, 1 yr on parts	Yes						184		Yes		Yes												
17		Total Gym 1900	17	4.3	125	\$346.00	215 Days	79 Days	217 Days	92.5 x 16 x 43.2		Build Muscle	Yes	Yes	Yes		Yes			Not required		Free						350	use harness	Yes	Yes								60	75	hand bar																
18		Total Gym 1100	15	4.1	161	\$199.99	134 Days	84 Days	203 Days	91 x 16 x 43.5		Build Muscle					Yes		Yes	Arrives fully assembled		Free	Comes with DVD					210		Yes	Yes								60+	67.1																	
19		Body-Solid StrengthTech EXM2500S Home Gym	13	4.4	86	\$1,249.00	395 Days	240 Days	242 Days	83" x 51" x 83"	Steel									Not easy	6-7 hour	Free									Yes				Lifetime	Yes	Yes	Yes			Yes	210lbs				Yes											
20		Rowflex Xtreme 25E Home Gym	13	4.3	72	\$1,346.47	367 Days	363 Days	385 Days	53" x 49" x 83.25"			Leg extension, curl & kickback	Flat, incline & decline press	Lat pull-down, row, lower back extension	Bicep curls & tricep pushdown	Ab crunch, trunk rotation & oblique crunch					\$124.49 shipping					210-410			Yes				Machine: 7 years Rods: Lifetime					70	185 lbs													Rowflex Power Rod®				
21		Marcy Stack Dual Function Home Gym - 200 lb. Stack MKM-81010	10	4.1	57	\$774.99	133 Days	74 Days	55 Days	52.00 x 39.00 x 85.50"	Heavy-duty steel tube	Upper	Yes	Yes	Yes	Yes	Yes			Fairly difficult	A lot for one person	Free						410	Yes		Yes		Yes				Yes	Yes	Yes	Yes		340		Yes													
		Limit		4	70	799	50 Days			90.00 x 38.00 x 83.00 inches																		200											20		200																

Color Hints (For Picks):



Our Pick



Runner Up



Budget Pick



Advanced Pick

Color Hints (For Cells):



Undesirable



Can be Considered



Can't be found / Not Available



Positive Feature

Elaboration:

Number of positive features : This value equals to the sum of all the green marked features for an item. For every product, there are some positive(marked green) and negative(marked red) features. We summed up all the green marked features to calculate this value.

Rating frequencyes : This value indicates how frequently a product is receiving every 10 ratings on Amazon.com. This gives an idea of how frequently a product is getting sold on Amazon. Usually one of every 10 persons that purchases a product rates it. A lower value here means the product is getting sold at a faster rate. All these data were collected on 3rd April, 2018.

Blank/white Boxes : The boxes that are white indicate that we didn't find mention of those features anywhere on the internet for those products when we conducted our research. We couldn't come to a conclusion about those features when we personally tested them as well. So we left them blank/white.

Price : Price on Amazon.com on 4th April, 2018.

Average Rating : The average rating it has out of 5 on Amazon.com till 4th April, 2018.

Total reviews : The total number of ratings/reviews it received on Amazon.com till 4th April, 2018.

P.S. For some points where positive or negative cant be determined easily (for example rating frequency, price etc.), we took an average value and made everything that is equal or above that value green and anything lower than that red.