



HOLIDAY 2022



# HOLIDAY GIFT GUIDE

*Find the best gift ideas, no matter  
what your fitness goals are.*

## THE BEST PERSONAL SOLUTIONS

*Finding the best solution  
for your lifestyle*

## WHY HOME FITNESS EQUIPMENT

*Is the best choice for  
your busy life*





# ***Your Best Solution***

*Finding the best solution  
for your lifestyle*

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Our home gym equipment experts make finding the right home gym equipment by taking the time to understand your needs so that you can exceed your fitness goals. We enjoy motivating others to live healthy lifestyles through our home fitness equipment.

## ***What's Inside***

- For The Runner
- Crossfit Focused
- Recovering Athletes
- Just For Moms
- Serious Fitness Enthusiasts
- For The Whole Family





# For The Runner



## TRUE AND PRECOR TREADMILLS



### True Performance Series Treadmills

*Interest Free Financing for Qualified Buyers*

- Orthopedic belt option for soft foot strikes
- Intuitive console options for ease of use and functionality
- Industry leading customer support and protection



### Precor Precision Series Treadmills

*Interest Free Financing for Qualified Buyers*

- Patented shock absorption to protect the knees and ankles
- 2% decline function to improve overall running performance and leg strength
- Maintenance free and reversible deck - worry free for the life of the treadmill
- 10 year parts warranty to protect your workout routine and investment

### HYPERICE Recovery Products



**HYPERICE**  
Compression for  
faster recovery.

*For The  
Crossfit Focused*

**TOP QUALITY**  
Dumbbells



  
**INSPIRE**

### **Inspire Full Cage & Landmine With Dip Attachment**

Residential / Light commercial Inspire Fitness  
Full Cage - 7' with 11 gauge frame.  
Dip Attachment, Landmine, Battle Rope Loop,  
Band Pegs, Multi grip pull-up bar



  
**HOIST**  
FITNESS

### **Hoist Dual Action Smith**

The HOIST MiSmith Dual Action Smith is perfect  
for users of all levels. This gym provides a complete range  
of functional training exercises designed to obtain  
maximum results and achieve a strong and versatile body.

**WORKOUT FLOORING**

**BATTLE ROPES**

**BUMPER PLATES**



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# ***Why Having At-Home Exercise Equipment Is Essential Today***

Gym equipment has become a common sight in people's homes where they have an at-home gym. Many people find this equipment more useful at home than the gym, which is an essential element in today's world. Getting a good workout at home is important, and there are multiple reasons why you may want to consider avoiding the gym next time you want to exercise.

## **Saving Time and Creating Efficiency**

Working out is easier when the gym is only down the hall. Having exercise equipment in your home will save time you would spend commuting to the gym and help you get a more efficient workout. If you need to go somewhere after you hit the gym, your workout may not be as beneficial because of time constraints; and the other gym-goers may take up more of your time. With a home gym, you will have an easier time planning your day and getting a better workout with less rush.

## **More Control Over How You Workout**

How you work out may be restricted to the machines and equipment available at the gym. You should always exercise the way that makes you comfortable so you can reach your workout goals, and having at-home exercise equipment will help.

You can own the equipment you want and exercise how you want while working out in the comfort of your home! Buying your own equipment is more efficient than relying on the equipment in the gym; you can replace your machines if you want to increase the intensity of your workouts or change your exercise style.





## Safety

Safety is essential when working out, and it's important to secure the circumstances of your workouts. Working out at home will give you the security of a controlled environment where you can treat your own injuries, or someone else may help if you get hurt.

You have a decreased chance of contracting illnesses with exercise equipment at home instead of the gym. Many people use the machines in gyms, and they aren't washed down thoroughly until the end of the day, which leaves them covered in germs and sweat. Your personal workout machines and dumbbells will be safer and cleaner to use.

## The Freedom To Make Your Own Exercise Space

One of the main benefits of a workout space is creating the space you want. You can organize at-home gyms in any configuration that suits your needs and wants. Add machines, equipment, or accessories to manifest a motivational space that helps you become stronger and healthier.

At-home exercise equipment is essential for sustaining a healthy lifestyle that will benefit you. If you're looking for great equipment to add to your home gym, look for exercise equipment in Ann Arbor for some of the best fitness gear!

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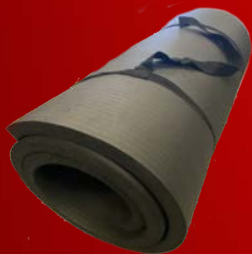


# For The Recovering Athlete

## WaterRower

84% of muscle engagement 0% impact!

- Beautifully handcrafted out of replenish-able woods in New England
- The WaterRower's unique design produces an unrivaled simulation of the benefits of rowing



## Life Sport Fitness Mat

The Life Sport Extra Thick Mat is simply a must for performing all your floor exercises.

## Precor Stretch Trainer



## OCTANE Ellipticals



## HYPERICE X

*Just for  
Moms*



## PRECOR ELLIPTICALS

Our lightest, most compact model available, the Precor EFX® 200 Line is perfect for those who want a fitness center-quality elliptical machine that won't take over your space. Push your workouts to the fullest without beating up your body using the best-selling elliptical in the world from the company that pioneered ellipticals.



## HYPERWEAR ELITE WEIGHT VEST



## HOIST Strength



## HYPERICE Venom Back





# Serious Fitness Enthusiasts



## Hoist Mi7SMITH TRAINING STRENGTH SYSTEM

The Mi7Smith Functional Training System is a completely innovative home gym that maximizes space by combining the MiSmith Dual Action Smith with the Mi7 Functional Trainer with a walk-through design to deliver a sleek and efficient gym unlike any other.



## INSPIRE 8 PR VERTICAL DUMBBELL RACK

This dumbbell rack holds up to 8 pairs of dumbbells, with a unique vertical design for a minimal footprint. Plastic shields cover each hook to protect both the rack and dumbbells from scratching.

## PRECOR AMT



With over 7,200 movement combinations and built durably for use in professional fitness centers, the highly versatile Precor AMT 800 may be the last piece of cardio equipment you ever need to purchase.

## INSPIRE Benches

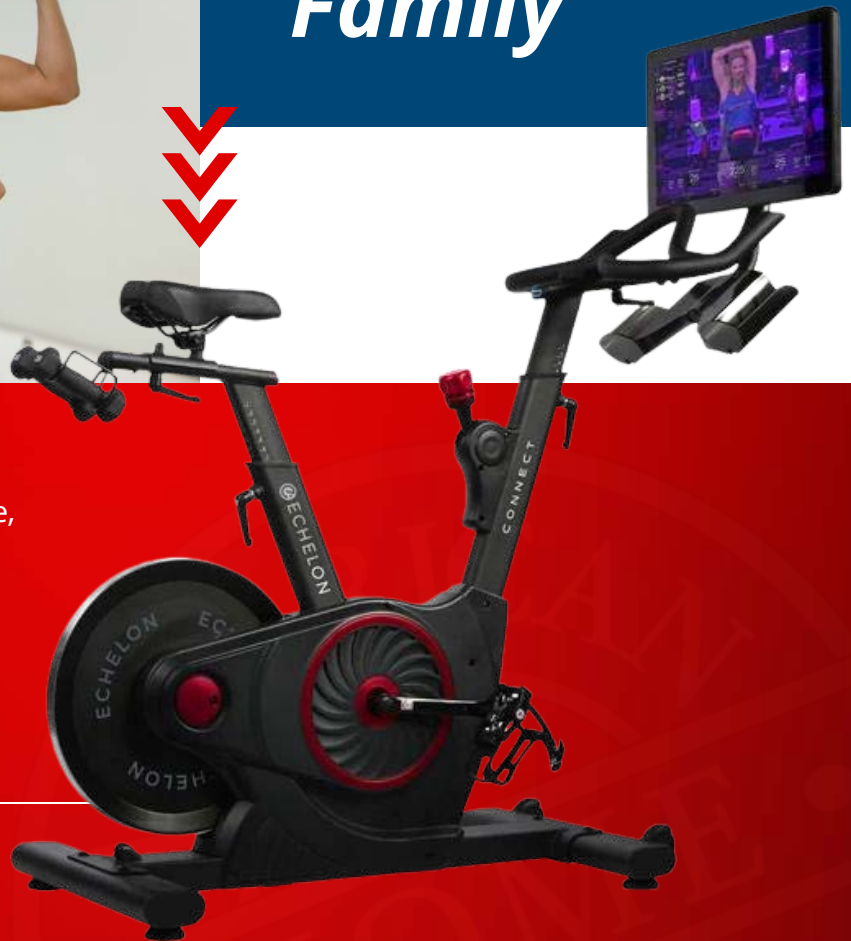




# *For The Whole Family*

## **ECHELON CONNECTED BIKES**

Echelon connected bikes deliver immersive, studio-quality fitness experiences from an HD touchscreen display. Compete on the Leaderboard and reach your fitness goals with 24/7 access to live and on-demand classes led by world-class instructors. Echelon, creating a higher standard in connected fitness!



## **INSPIRE FT1 HOME GYM**

Inspire's FT1 for functional training allows you to have complete freedom of movement in any direction or plane while performing weight resistance exercises. These unrestricted exercises are designed to move the way your body naturally moves. Many of the freestanding exercises incorporate core, secondary, and stabilizing muscles, giving you a more efficient workout.



**HYDROW**  
Rower







**Shop all this and more**  
In-Store | [AmericanHomeFitness.com](https://AmericanHomeFitness.com)

## OUR LOCATIONS

### **ANN ARBOR**

Maple Village Shopping Center  
221 North Maple, Ann Arbor, MI 48103  
(734) 389-2550

### **BIRMINGHAM**

1703 E Fourteen Mile Rd, Birmingham, MI  
48009 (248) 723-9062

### **GRAND RAPIDS**

3987 28th Street Southeast, Grand Rapids, MI  
49512  
(616) 284-2126

### **LAKE ORION**

4826 S Baldwin Rd, #5A  
Orion Charter Township, MI 48359  
(248) 706-6739

### **NOVI**

44225 W 12 Mile Rd, Novi, MI 48377  
(248) 347-4944

### **OKEMOS**

2287 West Grand River Drive., Okemos, MI  
48864 (517) 347-7900

### **STERLING HIGHTS**

44937 Schoenherr Rd, Sterling Hts, MI 48313  
(586) 737-2601

### **SYLVANIA/TOLEDO**

5577 Monroe St, Sylvania, Ohio 43560  
(419) 885-3900

**AMERICAN HOME FITNESS**  
**HOLIDAY GIFT GUIDE**