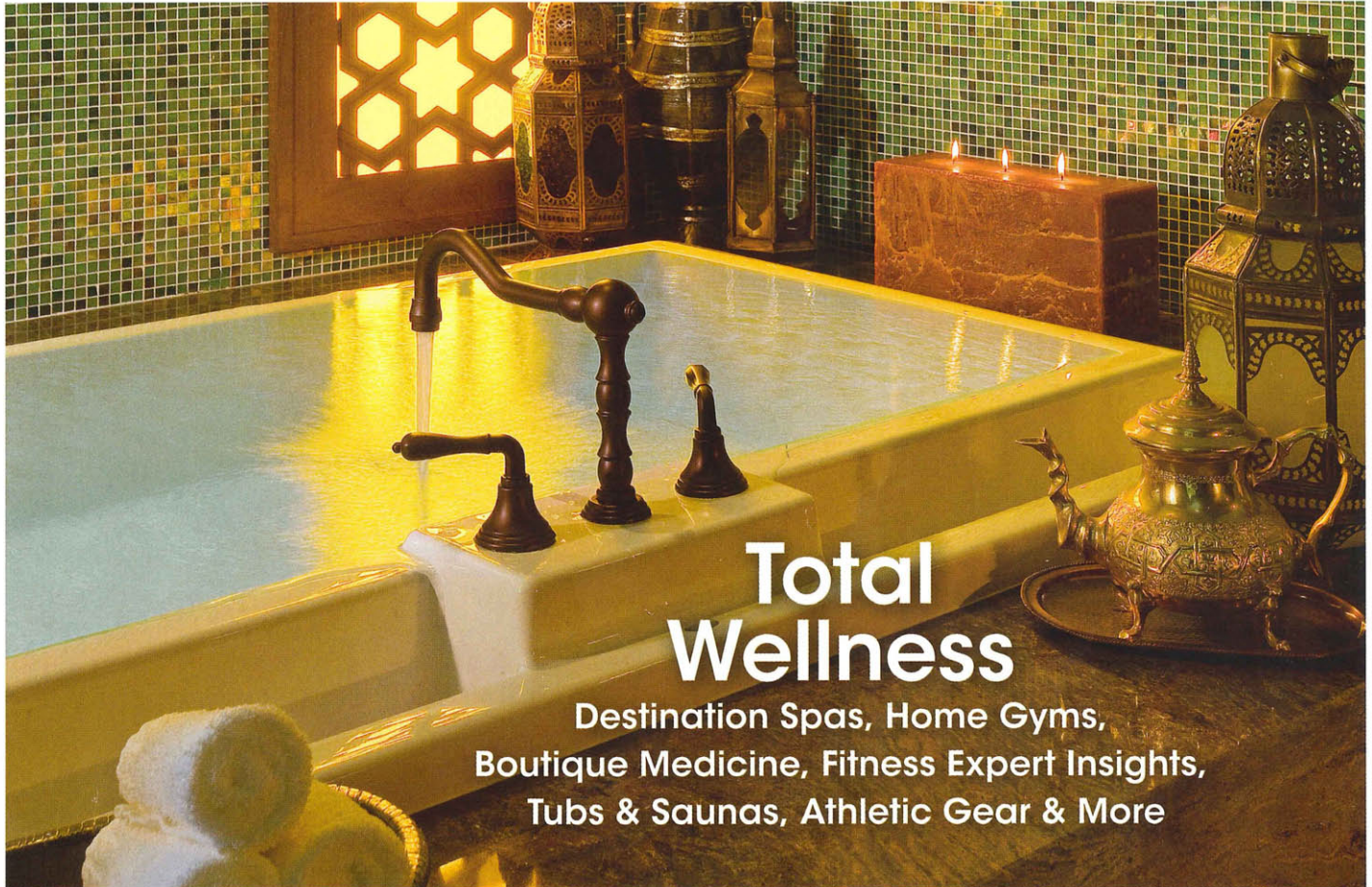


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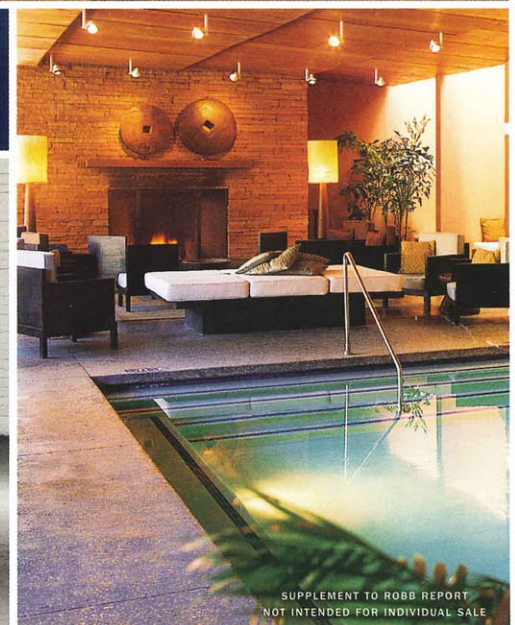
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Fit and Finish

Home gyms both robust and polished.

BY AMANDA DAMERON



Family Time

“This is a gym for highly successful and driven people,” says Bryan Green, the president and CEO of Advantage Fitness Products (AFP) and the brain behind a luxurious fitness space in Beverly Hills, Calif. “Their morning is spent in the gym, religiously, without fail.”

The residents, who are both in the entertainment industry, approached Green to equip a converted guesthouse on their property for their entire family. “They are a family that works out together, and they wanted to do so side-by-side,” says Green, who integrated several Precor machines, including an adaptive motion trainer, a 546i elliptical trainer, and a 556i elliptical trainer with arms, alongside a treadmill and Hampton Fitness dumbbells. “We gave them a balanced

strength circuit, one exercise per machine,” says Green. “The machines feature a cable-based system that allows the exercise to become user-defined, rather than machine-defined.”

Even without the array of machines, the A-frame structure is stunning, with hardwood floors and built-in bookshelves that now hold AFP accessories and a 50-inch TV with Cardio Theater and surround sound—not to mention a pair of boxing gloves signed by Muhammad Ali. “The clients are in there every day,” says Green. “They certainly make the investment in terms of their

time, so they needed a gym that reflected that commitment.”

Advantage Fitness Products, 310.559.9949, www.afproducts.com

SOURCES

Precor, 425.486.9292,

www.precor.com

Hampton Fitness Products,

805.339.9733,

www.hamptonfit.com

Cardio Theater, 800.776.6695,

www.cardiotheater.com



Modern Movement

“This project was a lot of fun because I was involved from the ground up,” says Bryan Green, AFP’s founder, of a vibrant, modern home gym he created for clients in Pacific Palisades, Calif. “The residents are fitness enthusiasts, but they wanted to have fun in here, too.”

Happy to indulge his clients’ request for an energetic room, Green began by installing a black composite-rubber floor and all-black Precor, Star Trac, and Icarian machines to complement raucous orange walls. “It’s a desirable aesthetic,” he says. “They have a lot of experience working out, and they didn’t want to get bored with their gym or their equipment. Flexibility is key: You have to scale the space so you don’t grow tired of it.”

Green kept the room versatile by carving out niches throughout—“dedicated coves,” he calls them—to hold free weights and stretching accessories while leaving a good deal of open space to allow his clients to move about freely and incorporate mat training, Pilates, and yoga. According to Green, it doesn’t matter how much square footage a gym boasts; the key to creating a good one is honesty



about the client’s needs and goals. “We look at someone’s lifestyle, not just the room,” he says. “We ask them what they are after: Do they want to maintain a healthy lifestyle, lose weight, or do strength training? Whatever the answer is, we are looking at a broader element of wellness, and all we want to provide is a quiet place in a positive environment.”

SOURCES

Precor, 425.486.9292,
www.precor.com

Star Trac, 714.669.1660,
www.startracusa.com

Advantage Fitness Products,
 310.559.9949, www.afproducts.com