

THE COST OF FITNESS

BREAK DOWN THE VALUE OF YOUR FITNESS ROUTINE BY DIVIDING THE COST OF YOUR CHOSEN ACTIVITY BY THE NUMBER OF TIMES YOU WORK OUT

TREADMILL / MACHINE



AVG PRICE:
\$1500

1X/WEEK

\$28.85

PER WORKOUT
FOR 1 YEAR

3X/WEEK

\$9.61

PER WORKOUT
FOR 1 YEAR

5X/WEEK

\$5.77

PER WORKOUT
FOR 1 YEAR

GYM MEMBERSHIP



AVG PRICE:
\$55
PER MONTH

1X/WEEK

\$12.69

PER WORKOUT
FOR 1 YEAR

3X/WEEK

\$4.23

PER WORKOUT
FOR 1 YEAR

5X/WEEK

\$2.54

PER WORKOUT
FOR 1 YEAR

PERSONAL TRAINER



AVG PRICE:
\$50
PER HOUR

1X/WEEK

\$2,600

FOR 1 YEAR

3X/WEEK

\$8,580

FOR 1 YEAR

5X/WEEK

\$13,000

FOR 1 YEAR

CYCLING



AVG PRICE:
\$500
MID-RANGE
BICYCLE

1X/WEEK

\$9.61

PER WORKOUT
FOR 1 YEAR

3X/WEEK

\$3.20

PER WORKOUT
FOR 1 YEAR

5X/WEEK

\$1.92

PER WORKOUT
FOR 1 YEAR

HOME WORKOUTS [ONLINE OR DVD]



AVG PRICE:
\$40*
PER DVD
OR ONLINE
PROGRAM

1X/WEEK

\$.78

PER WORKOUT
FOR 1 YEAR

3X/WEEK

\$.26

PER WORKOUT
FOR 1 YEAR

5X/WEEK

\$.15

PER WORKOUT
FOR 1 YEAR

***PLUS ANY ADDITIONAL EQUIPMENT (EXERCISE BALL, JUMP ROPE, WEIGHTS, ETC.)**