

HOW BEST TO USE YOUR LIMITED CARDIOVASCULAR SYSTEM TRAINING EQUIPMENT BUDGET: A UTAH VALLEY UNIVERSITY CASE STUDY



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INTRODUCTION

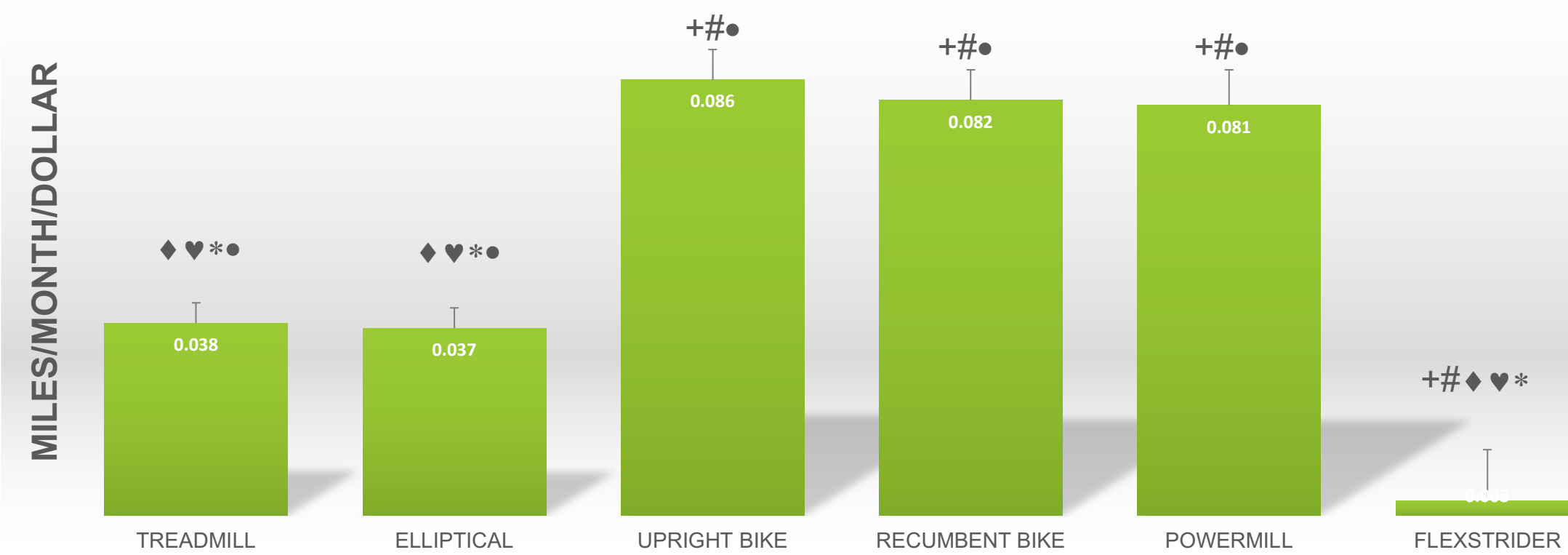
The Student Life and Wellness Center (SLWC) at Utah Valley University (UVU) spent \$300,540 on its current fleet of 46 pieces of cardiovascular system training. UVU students pay for gym equipment from student fees. SLWC managers want to know how to use their cardio equipment budget and gym space efficiently to benefit students most.



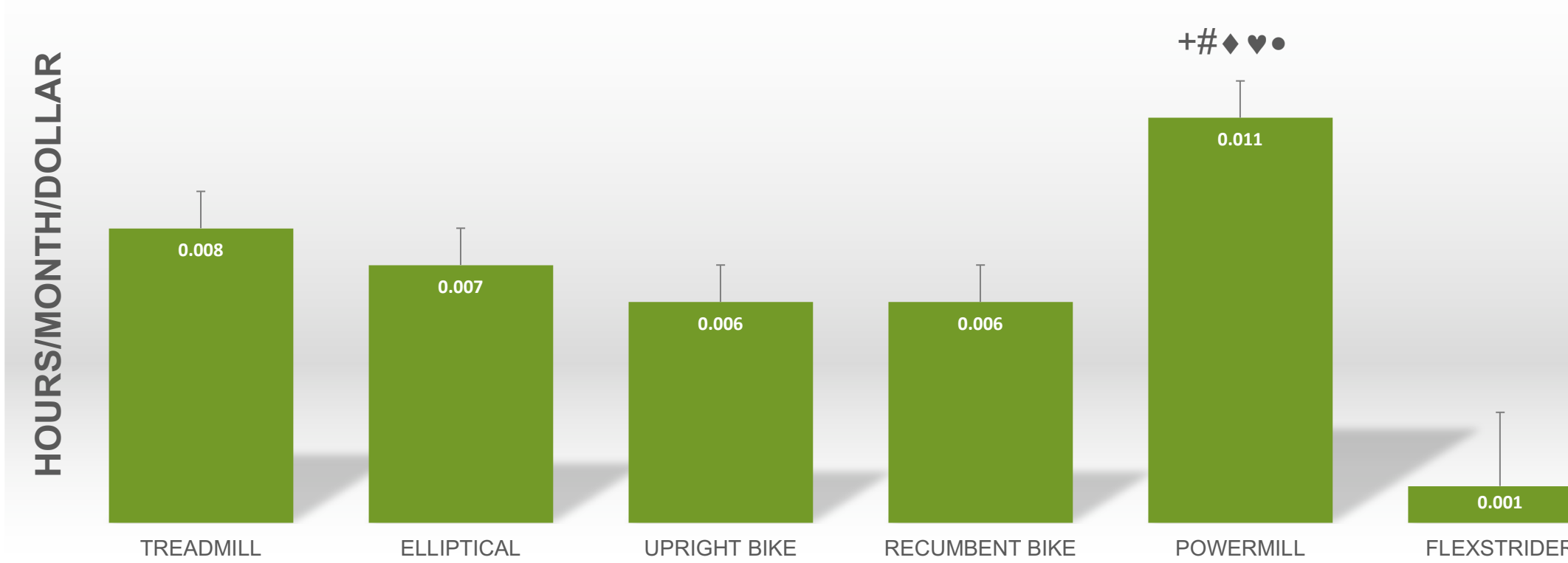
METHODS

All the cardio equipment was purchased from Life Fitness (Rosemont, IL). The equipment reports usage data to Life Fitness, and we retrieved that data from their Halo Fitness Cloud. All the equipment, except for treadmills, have been in use for 24 months, while the treadmills in this data set have only been in use for 3 months.

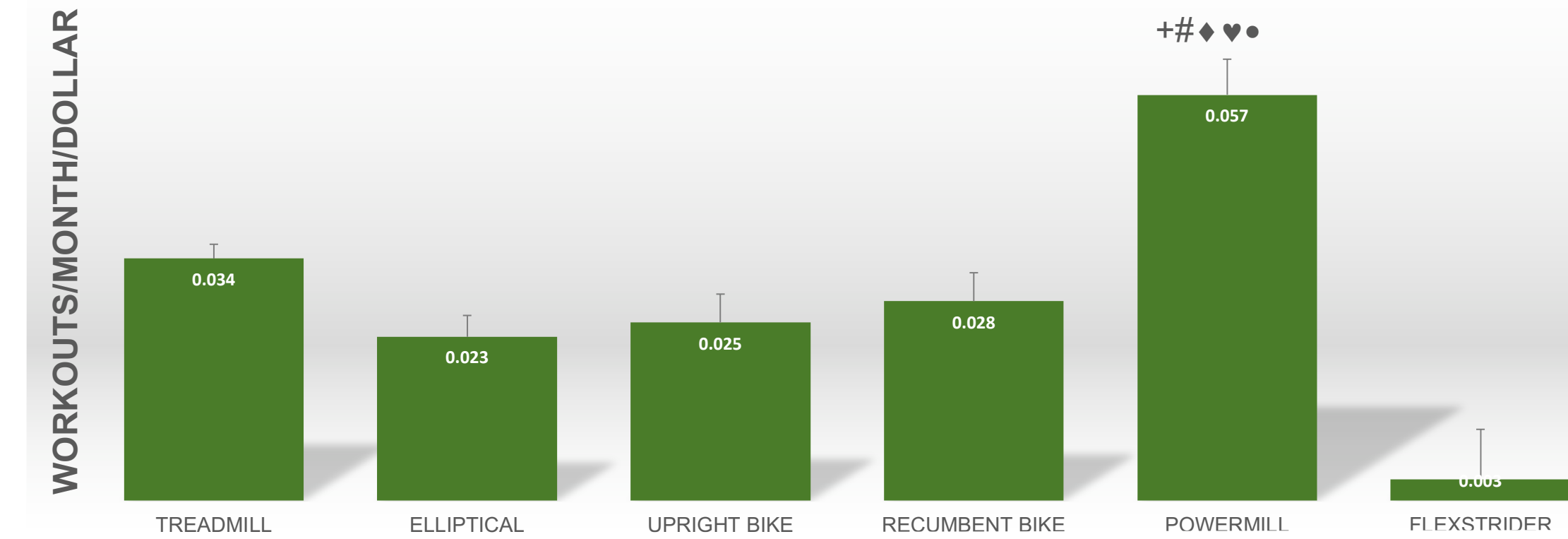
USAGE AND VALUE: DISTANCE



USAGE AND VALUE: HOURS



USAGE AND VALUE: WORKOUTS



RESULTS

Overall use (distance, hours, and workouts) per month was compared. Use/month/dollar was compared, in order to best understand the value and popularity of each device.

DISCUSSION

Powermills are the most used equipment in our sample: whether measured as distance, hours, or workouts. They are also the best overall value. FlexStriders cost the most money and were used the least.

CONCLUSION

Through simple analysis of automatically-recorded data, UVU can use student money effectively. Students will have the equipment they like to use, and less student fees will be needed as costly unpopular equipment will not be purchased in the future. Gym managers should be able to serve their clientele better with similarly-simple analyses.

Equipment	Price	Distance/month	Distance/month/dollar	Hours/month	Hours/month/dollar	Workouts/month	Workouts/month/dollar
Number	\$	Miles	Miles	Hours	Hours	Number	Number
Treadmill (15)	\$6,880.23	261.722 ♦ ♥ ♦ ♦	.038 ♦ ♥ ♦ ♦	54.662 # ♦ ♦ ♦	.008 ♦	231.267 # ♦ ♦ ♦	.034 + # ♦ ♦
Elliptical (12)	\$5,710.30	211.143 ♦ ♥ ♦ ♦	.037 ♦ ♥ ♦ ♦	37.699 + ♦ ♦	.007 ♦ ♦	133.333 + ♦ ♦	.023 ♦ ♦
Upright Bike (6)	\$5,999.00	513.352 + # ♦	.086 + # ♦	35.400 + ♦ ♦	.006 ♦ ♦	148.667 + ♦ ♦	.025 ♦ ♦
Recumbent Bike (7)	\$6,499.00	534.197 + # ♦	.082 + # ♦	41.834 ♦ ♦	.006 ♦ ♦	180.286 ♦ ♦	.028 ♦ ♦
PowerMill Climber (4)	\$6,999.00	569.440 + # ♦	.081 + # ♦	77.990 + # ♦ ♦ ♦	.011 + # ♦ ♦ ♦	402.000 + # ♦ ♦ ♦	.057 + # ♦ ♦ ♦
FlexStrider Trainer (2)	\$9,665.00	31.580 + # ♦ ♦ ♦ ♦	.003 + # ♦ ♦ ♦ ♦	5.415 + # ♦ ♦ ♦ ♦	.001 + # ♦ ♦ ♦ ♦	31.500 + # ♦ ♦ ♦ ♦	.003 + # ♦ ♦ ♦ ♦

+ , p<.05 compared to Treadmill
, p<.05 compared to Elliptical

♦ , p<.05 compared to Upright Bike
♥ , p<.05 compared to Recumbent Bike

* , p<.05 compared to PowerMill Climber
♦ , p<.05 compared to FlexStrider Trainer