

PRIVATE SPACES | JERRY GREENSPAN

## Fitness guru's workout room small, spare

Once a month, Home & Garden visits a central Ohioan's home to peek at the room most readily associated with his or her line of work or play.

By Kevin Kidder  
THE COLUMBUS DISPATCH

Sometimes the owner of a business just needs a little time away from that business.

When Jerry Greenspan — owner of Columbus Fitness Consultants and Exercise Equipment Experts — wants to get away, he heads for a small and austere room in the lower level of his condo.

Not one thing decorates the white wall.

The room has a nice walk-in closet — with nothing in it.

An adjoining crawl space has a few leftover tiles from construction.

Even the bathroom is bare.

About the only items in the downstairs room are a queen-size bed; a plush green lounge chair; and four pieces of fitness equipment.

Greenspan took time out from his exercise regimen to explain the room and what it means to him.

**Q: How does this room reflect on you?**

**A:** I would say that I'm a very practical person.

I believe that knowledge is most important,

and the equipment is secondary if you know what you're doing.

I can get a very good workout here because my philosophy is knowledge. I don't have an elaborate setup, and I don't need an elaborate setup. With everything I have here I can get a full-body workout.

**Q: How long do you work out?**

**A:** About an hour.

**Q: When do you come down here?**

**A:** Usually I work out in the studio (at work). But there are days when I really don't want to go in to work — for example, on holidays or a Sunday.

If you're a business owner, some days you just don't want to go there, and it's 15 minutes both there and back.

And the other thing is, when I go in (to work), I'm always getting trapped into doing other things.

**Q: How did you choose the types of equipment to put into the room?**

**A:** This is a water rower, and it gives a full-body workout. And the other advantage is you can fold it up into a 2-foot-by-1-foot space and, theoretically, it looks like furniture.

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Jerry Greenspan uses a water rower for a cardio workout in his exercise room.

## GREENSPAN

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The dumbbells allow me to do 30 or 35 pounds, and they're adjustable and very compact. It's like I have a full set of dumbbells with a rack in a very small space.

And the ball I can use as my bench. I can also do ab work out of it. That's really functional.

This one (pointing to a foldout back-extension machine) lets me do lower-back work — and 80 percent of people have back problems, so I really do that a lot because I'm a physical therapist and I know that.

It's thin and it folds up into a corner.

**Q: Everything seems pretty austere.**

**A:** I'm a minimalist.



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Jerry Greenspan says knowledge is most important to a good workout than the equipment.

**Q: It also seems like everything is designed to tuck away.**

**A:** You can see I'm an engineer. Everything is practical

and functional. There is nothing here that is wasted at all. Everything is compact as can be.

It's pure engineering; it's

function. And the other thing is, in the summer, the upstairs is hot.

So this is the cooler spot, and that's an added advantage even though that wasn't the plan.

**Q: I see you have a bed down here. Is this a guest room?**

**A:** I have friends who stay down here occasionally.

**Q: Do they say anything about the equipment?**

**A:** It's probably a lot less than they thought it would be. But, you know, most of my friends are former athletes, and they don't work out anymore.

The only person who wants to work out is my brother, and he wants everything (in the way of equipment).

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