

## How to Train with an Elliptical Trainer

Elliptical trainers combine the actions of rowing, cross country skiing, and bicycling. They allow you to move all your major muscle groups in a fluid motion that is very low-impact. Quality elliptical trainers will give no jerky motions and they are quiet, which means your workout will be peaceful and easy. Using your elliptical trainer every other day or three times a week should provide adequate workout time, and you should see results quickly. It is important to take "rest days" so as not to overwork your muscles. Overworking can cause your weight loss or muscle building to slow down, not speed up. Most ellipticals come with a display that shows your time, calories burned, mileage, heart rate, etc. You can program your own information into the machine and it will allow you to customize your own personal workouts. You can chart your progress and keep track of how well you are doing. Because they are so quiet and easy to use, ellipticals allow you to watch television or even read a book while you are working out, so it is easy to fit your work out into your routine. Training with an elliptical trainer is easy because the machine is designed to make your workout feel almost effortless. Because of this, you will work out harder than you realize, getting more out of your exercise time. And you will not have to worry about joint damage or stress – the concept behind ellipticals is to give you the same cardio-vascular benefits as running without the risk of injury.

## About the Author

The commander of Task Force Phoenix, charged with training Afghan police and soldiers, made the request for more trainers to the commander.

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