

## Which Ellipticals Are the Highest Rated?

Ellipticals are usually rated in two ways. Many are "consumer rated," which means they have been used and ranked by consumers or editors of consumer magazines. Others have been rated by members of the medical profession, for ease of use, best workout, and lowest risk of injury. A number of medical doctors specializing in sports injuries and sports medicine approve the Precor EFX 546 and find it to be a better way to workout. The problem is, they can cost more than \$5000. But if you cannot afford to pay top-dollar for an elliptical cross trainer, you should not simply purchase a really cheap trainer. Research all of your options first. Consumer Reports magazine recently did a report and found that when it comes to elliptical trainers, you definitely get what you pay for. The editors conducted a test of ten elliptical trainers in all price ranges. The test results concluded that if you want the best workout machine and you do not want a lemon then you have got to spend money to purchase one of the upper models. Prevention magazine rates the ProForm as best value in an elliptical trainer. The NordicTrack wins for most features, and the Precor EFX is the highest quality model, according to Prevention. Good Housekeeping also conducted tests, giving elliptical trainers to staff members of different fitness levels. Models were rated for comfort and safety. The best model was determined to be the ProForm 800 CardioCross Trainer. In second place was the Stamina Conversion II Elliptical/Stepper 55-2050. More information can be found in the reports themselves, including pros and cons of each model. But this overview provides a guideline that will help you pick the elliptical trainer that is right for you.

## About the Author

Supplier of treadmills, multi gyms, steppers, elliptical trainers, and other fitness.

Source: <http://www.productsherbal.com>