

What Should I look For When Rating Elliptical Machines?

Rating elliptical machines can be a difficult task, especially if you're not all that familiar with elliptical machines in the first place. First you have to take into consideration the many companies that make elliptical machines and cross trainers. There are at least nine companies that make a decent elliptical machine capable of helping to get you in shape. They include Horizon, Life Fitness, Nautilus, Nordic Track, ProForm, Reebok, Schwinn, Tunturi and Vision Fitness Elliptical. Now figure that each company has several variations of elliptical machines for sale and you can see the review and rating process can be very difficult and extremely time consuming. In order to save you a little bit of time and to send you in the right direction here are some of the basic categories that can be used when rating elliptical machines to include the stride quality, the price, the space needed in your house and the noise generated when using your brand new elliptical machine to exercise on. Let's examine these qualities and features in more detail. When I mention the stride quality I'm referring to the glide of the elliptical machine. You will want to compare this essential feature between competing elliptical cross trainers. A smooth glide is always better over a jerky or forced glide. It may seem difficult to compare the glide motion and stride feature on elliptical trainers without physically getting on an elliptical machine and trying it out. Fortunately there are several sites that post online reviews where you can read the experiences of customers that have actually bought the product you're interested in finding information on. Look for favorable comments such as smooth gliding, no shock to your knees and a smooth natural stride. These are indicators of a quality elliptical machine that you can count on to give you a natural feeling workout without injuring your body. The price of an elliptical machine may come as a shock to you due to the high dollar amount involved. Although a higher price tag may not always indicate a better machine it usually does in the case of elliptical cross trainers 90% of the time. With that said a good price range for a quality elliptical trainer hovers around \$2400. Lower priced models aren't necessary a bad idea they just may not have the quality construction that the higher priced models do and they may not hold up quite as well to constant use day in and day out like the more advanced and higher priced elliptical machines. Space to hold your home exercise equipment is a major concern for many folks, even those with large homes find that an elliptical trainer can take up a large amount of room in your house or garage. Without seeing what the actual cross trainers look like when comparing numerous brands you can always resort to the dimensions given on the elliptical trainer manufacturer's website. Also read the reviews from other folks that have already purchased their cross trainer. They will usually put the dimensions in the review and if not you can still be sure that they will provide a description as to the room size needed for a cross trainer in your home gym or exercise room. Finally sound or lack thereof is a quality many people consider crucial for their workout experience when using an elliptical trainer. Lower priced models tend to squeak and make irritating noises during your workout while the high priced models seem to remain quite for the duration of their life. Remember your looking to workout your body not your ears so when rating elliptical machines look for cross trainers that get high marks for quietness or lack of sounds when in operation. As you can see there are several factors to consider when reviewing and rating elliptical machines before making a purchase. The best recommendation I can pass along is to do your homework and visit several sites that offer consumer reviews that way you can be sure to get the best elliptical machine for your hard earned money.

About the Author

Filamentality online support graphic Guide for Trainers graphic. The Filamentality User Guides and Brainstorming pages have been combined.

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