

How Effective are Elliptical Trainers?

Elliptical trainers seem to be all the rage these days with almost every gym having banks of them and many being used at home as well. An elliptical trainer is really a cross between a treadmill and a stair climber allowing you to efficiently get the best of both worlds in one machine. Although, if you were thinking that you could get in twice as much exercise for the same amount of effort then you may be a bit disappointed. The whole idea is to combine the two exercises into a highly effective exercise system that really makes you work hard. But just how effective are elliptical trainers and are they just another fad or are they really as innovative as their makers claim? When considering the question how effective are elliptical trainers you have to look at them in the context of the equipment that they are replacing. Stair exercisers although good for what they were designed to do are very restricted in their ability to work different areas of the body and can be of limited value to anyone looking for a single machine solution. Of course, you have the same problem with a standard treadmill but there is also the added complication for some people that you also have constant impact when you are running on a treadmill. But how effective are elliptical trainers in burning those extra calories? For all the talk of getting fit this is the real reason that most people want an exercise machine and in this area of specialization the elliptical trainers excel. The combination of aerobic and weight bearing exercise is great for burning up the calories and for toning up almost every part of your body and most of the major muscle groups. And they also have the added bonus that there is virtually no impact involved so they really do look to have all the benefits with very few drawbacks. The real answer to the question of how effective are elliptical trainers is contained in their clever use of technology. The central axis moves in an elliptical motion so that all the major lower muscle groups get a thorough workout while the hands and arms get an upper body workout from the movable handlebars. Many of the machines can also be programmed to work at different speeds for varying amounts of time so that there is an element of variety and you don't get too bored. Although this may sound like a small point it is very important to maintain interest so that you are encouraged to keep going. Elliptical trainers are an excellent way to get an all body workout with the added advantage of having minimal impact to your joints and also are an excellent way to stay fit and healthy.

About the Author

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