

Cheap Elliptical Trainers - What You Don't Know Can Cost You Big Time

Should you ever consider purchasing a cheap elliptical trainer? It's my position that you should purchase the best elliptical trainer that your budget allows. The elliptical trainers that I recommend all retail above \$1000. Some of these are above \$2000. No question, this is a substantial sum for most people, but you should keep in mind that this is an investment in your long term health and fitness. You want a machine that not only is enjoyable to use, but lasts for many years to come. The very nature of elliptical trainers and treadmills for that matter, makes them prone to wear. As a result, they will need to be serviced at some point during their lifetime. Maybe even more than once. This is not meant to frighten you, quite the contrary, but to impress upon you that skimping on quality to save money is usually not good economics when it comes to elliptical trainers. The other thing to keep in mind about cheap ellipticals is that they will probably wobble side-to-side during use and may even produce annoying squeaks due to cheap design. All of these problems are greatly magnified if you are heavy. The end result could very likely be a snapped bolt or damaged frame component. Toppling off an elliptical trainer while in full stride is a scary thought! So what should you do if coming up with \$2000 is just not possible for now? Well, you can either wait until you save up the money, which isn't a bad idea. However, if you just can't wait because your health requires you to get started on a fitness program ASAP, then you have some decisions to make. You could join a gym that has a wide selection of cardio equipment and probably has helpful staff to get you started on a fitness program or you can begin shopping for an elliptical trainer within your price range. How to minimize your risk? Right off the bat I don't recommend that you consider any elliptical trainer that retails for under \$500. You'd just be throwing your money away. We have all seen the cheap elliptical strider that is advertised on infomercials featuring a popular fitness celebrity. Sorry, but you're on your own if you want one of these. The fundamental problem with elliptical trainers that retail between \$500 - \$1000 is their sturdiness and durability. This stems from the quality of their components and construction. Below are requirements that may help increase the chances that you have a satisfying experience owning one of these ellipticals:--Weigh less than 195 lb. Under 155 lb. is even better. Women may do better here than men.--Moderate to light use. Elliptical trainers in this price range hold up better if they are not heavily used.--Purchase an extended warranty if the manufacturer offers one. Most low-end ellipticals come with only a 90-day warranty. That should tell you something right away! Don't settle for anything less than a 1-year warranty on the wear components of an elliptical trainer. Finally, one way to approach purchasing a cheap elliptical is to view it as a transitional machine. If you get only 2 years from a \$600 elliptical trainer, but during this period you've lost weight and greatly improved your cardiovascular conditioning, then it was definitely money well-spent. When you're ready to replace it, you probably will have come to appreciate what it takes to produce a quality elliptical trainer. After you've experienced the great benefits that these machines have to offer, it may be easier to make the investment in a higher quality machine.

About the Author

Directory of trainers, seminars, workshops, online courses, and consulting.

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