

24 Hour Fitness Machines - Top Weight-Loss Tools In Treadmill And Elliptical Trio

The availability of a 24hr fitness gym gives you absolute control over your muscle fitness routine. Home exercise machines equal 24hr workout access. Oh, the joys of no body-hugging fitness apparel, no travel time to health clubs like Fitness XSport, no parking hassles, no sweaty equipment, no demented, yapping dogs, and no weather woes! With 24hr fitness equipment such as a treadmill or elliptical machine at your disposal, you can be up and running in less time than it takes to say gym bag. Anyone who exercises fitness choices on a daily basis, no matter what form these take, will experience an enhanced quality of life, a greater sense of vitality and wellbeing, and natural weight loss without excessively restrictive diets. Making a workout in your own 24hr fitness center part of your daily routine, also improves coping skills as far as stress is concerned. That is, provided that you can find the inspiration to be consistent and disciplined about sweat equity without a Fitness XSport or similar gym membership. Perhaps you will need to have the glorious physique of a Muscle And Fitness Mag cover photograph on the refrigerator door, serving as a constant reminder of your 24hr fitness plans!

1. 24HR Fitness Center - Home-Based Proform Treadmill Daily Exercises Fitness

An exercise treadmill is one of the most popular 24hr fitness gym partners to have at home. With a home treadmill like Proform, there is no serious learning curve. If you can walk, you can use a treadmill. And if you are concerned about muscle fitness, daily exercises are a must. The main advantages of using an exercise treadmill are that you walk or run in 'one place' in the comfort of your own 24hr fitness center, and that the treadmill's treadmill offers you superb joint-cushioning features. The best treadmill ratings promise up to 20% less joint-jarring than road running. Studies have shown that a session on a 24hr fitness treadmill may allow you to burn up to 40% more calories, compared to a similar period on a stationary exercise bicycle or recumbent bike. The benefit of weight-bearing exercise as far as the prevention of osteoporosis is concerned, is common knowledge. With ever-ready 24hr fitness equipment in the form of a home treadmill at hand, you can build bone density daily, throughout the year. What is great about having a 24hr fitness trainer at home, is that you can be in a constant dialogue with your muscle mentor. State-of-the-art consoles ply you with feedback at such a frenetic pace, that you can plan your workout down to the last drop of sweat. Some treadmills are even able to supplement your low-carb diet, by giving you details of the number of carbs you crushed in your last workout. This function makes it easy to combine exercise with a natural weight loss program. You will also be able to keep track of speed, time, distance, heart rate, and other valuable data. The adjustable elevation ranges most treadmills sport, promote muscle strength, and constantly test your mettle. Some 24hr fitness machines, such as the equipment in the Proform Treadmill range and the Nordic Track Treadmill collection, are as close to a health and entertainment center as you can find. The flagship models come with built-in television screens, water bottle holders, cd players, and a number of other features designed to make the workout in your 24hr fitness center as enjoyable as possible. Talk about multi-tasking motivation!

2. 24HR Fitness Elliptical Trainer - Low-Impact Exercise For Joint Protection

If you have all sorts of aches and pains, such as knee pain, or arthritis in the knee, or just want to prevent joint injuries, an elliptical trainer may be your perfect personal 24hr fitness club partner. Jilt the joint-jarring of ordinary running and walking action, with the smooth motion of an elliptical machine. Your feet are firmly and comfortably secured in footplates or footpads, and the 'walking' motion keeps everything body part perfectly aligned. You still get the benefit of weight-bearing exercise, but the only impact you will experience while on this 24hr fitness trainer, will be that of improved cardio conditioning, aerobic capacity, and muscle fitness. Apart from your lower legs, your quadriceps and glutes will soon feel and show the effect of a workout on the elliptical trainer. Apparently the elliptical trainer is even more effective at burning calories than a treadmill!

3. 24HR Fitness - A Handle On Muscle Fitness With An Elliptical Cross Trainer

Enhance the effect of an elliptical machine as a 24hr fitness trainer, by choosing a machine that also features handlebars for a very effective total body workout. The elliptical cross trainer option has the same 'walking' action as an ordinary elliptical trainer, but also works your arms, shoulders and chest. The added variety these programs offer, not only make this a very effective total-body form of exercise, but also adds interest that is likely to keep boredom at bay. Whether climbing or using the machine as an elliptical glider, you will get a great workout with quick, visible results. An elliptical trainer session is also a terrific warmup for strength training with weights. The elliptical movement is a combination of a biking and skiing motion, and combined with the arm action, is the most effective of the three 24hr fitness options mentioned here. Muscle fitness and cardio conditioning is no sweat with your own 24hr fitness center at home.

About the Author

Includes fitness test, training programs, and Polar pulse and heart rate monitors.

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