

Discover If Smooth Fitness Elliptical Trainers Are Really Smooth Workout Machines Or Not

You may know Smooth Fitness elliptical trainers as one of the first elliptical machines to be available online. As the home gym trend grew over the past several years, Smooth Fitness knew a good opportunity when they saw one. When you purchase a Smooth Fitness elliptical you are doing so directly from the manufacturer. Because they cut the middleman right out of the picture and they've aimed at providing quality elliptical trainers for modest prices. The Smooth Fitness Elliptical Advantage One of their more popular models is the Smooth CE Elliptical Trainer. The large 48 lb wheel provides great stability and a very smooth workout. It has moveable handlebars with a built in heart rate monitor. The wireless heart rate control of a Smooth CE elliptical trainer allows you to remain in your target heart rate as it adjusts automatically during your workout. And who doesn't love seeing how many calories they've burned as they exercise? Well, a Smooth Fitness elliptical will do that for you on its LCD panel. Not only will you see calories burned, the panel displays a timer, your speed, the number of cycles, total km, room temperature and your pulse. This Smooth Fitness elliptical offers all of these features and seven pre-programmed training options. Another advantage of the Smooth CE Elliptical Trainer is its compact size. It offers great features without added bulk. If you need a workout machine that is easy and light to move around, a Smooth CE Elliptical trainer is worth looking into. Not only is it easy to wheel around with its front attached wheels, but it has a hefty 325 lbs weight limit. You may think that without the extra casing, the noise factor increases. Not true with this model. Smooth Fitness advertises that its elliptical trainer is whisper quiet and it's true. This is because the Smooth Fitness elliptical trainer employs a magnetic brake system. This magnetic brake system has no motor and only a few parts. The magnetic current powers the resistance to stop the wheel. With no motor, it's hard to get quieter than that. Why A Smooth Fitness Elliptical Trainer? A Smooth Fitness Elliptical Trainer made of solid construction with a modest price. Because of its reverse resistance, this allows for the use of different muscle groups and a creates a more effective workout. With the use of moveable hand bars you are able to work both the upper and lower body areas at the same time. And as we know, this means burning more calories with less time spent. That's a win-win for everyone! If a space-saving piece of cardio equipment sounds attractive to you, then the Smooth CE Elliptical trainer is then ideal for you. Smooth Fitness has developed an elliptical machine that offers wonderful convenience and long lasting quality. And as a manufacturer it's hard to beat the direct prices they offer. Who knows, you may need one for yourself and for a friend!

About the Author

Health and fitness clubs offering gym membership, personal fitness training, corporate gym membership and exercise.

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