

## The CardioCross Elliptical Proform 675 Provides A Low Power Workout As Its Top Selling Point

The CardioCross Elliptical Proform 675 is an elliptical trainer offering a low power workout as its top selling point. Elliptical trainers are used to stimulate walking, running while being sure to not cause joint pressure, and the trainers have a developed quite a following for lowering the risk of impact injuries. Ellipticals have traditionally provided a cardiovascular workout by working the upper and lower body, but as manufacturers usher in a new age of trainers, some ellipticals are losing their upper body components. Trainers are used for burning calories, building bone density, maintaining good cardiovascular health, and creating a surge in energy levels. The Elliptical Proform 675, complete with an instant feedback display, features a large LCD window that allows users to keep track of key facts like, calories burned, pulse, time, speed, and distance traveled. The Proform's console sports a Coolaire Workout Fan. The Proform 675 allows users to adjust the intensity of their workout with the help of adjustable electromagnetic resistance. The Elliptical Proform 675 offers a fourteen inch stride. The longer stride is offered in an effort to provide Elliptical users with longer muscles, and the ability to grab a long range of motion. The Elliptical Proform 675 enjoys a particularly large fan following among older adults. Athletes in search of a jogging style workout represent another portion of the Elliptical Proform 675's purchasers. Building up the heart rate without building up the muscles is the central goal of this trainer. Typically retailing at approximately \$299.00, the Elliptical Proform 675 is dubbed as "an easy to use trainer," the Elliptical Proform 675 comes with a number of amenities. Some of the trainer's top rated features include Silent Magnetic Resistance, a trademarked Competitor Control Panel, EKG Grip Pulse Rating, and an over sized foot pedal as a part of its Step Thru Design. The Proform's Step Thru Design makes the trainer low to the ground, improving the ability to easily exit.

### About the Author

Information on various aspects of exercise and fitness and providers of sporting, exercise and leisure.

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