

## A Complete Guide to the Nordictrack Elliptical Trainer

The Nordictrack Elliptical Trainer is a line of fitness equipment manufactured by the workout innovator of the same name. Nordictrack rose to fame in the eighties with the invention of the Nordictrack Skier. Advertised in infomercials, Nordictrack's debut fitness line featured calorie burning power coupled with the feeling of resistance associated with the feel of cross-country skiing. Over the course of the last two decades, the Nordictrack Company has expanded beyond skier model machines. The company is now a subsidiary of ICON Fitness, and one of the leading fitness equipment retailers for treadmills, jogging strollers, incline machines, exercise bikes, and elliptical trainers. The Nordictrack Elliptical Trainer line of fitness equipment was created to satisfy the low-impact exercise needs of users with weight problems, chronic knee pain, and athletic injuries. These trainers enjoy a substantial fan following among athletes and older fitness equipment users. Elliptical trainers by Nordictrack, along with the company's bikes and treadmills, features ICON Fitness' trademark IFIT Technology. IFIT is a Beginner, Intermediate, and advanced workout cards designed to offer users the benefits of a "plastic personal trainer." The workout cards is used by plugging it into the console of the Nordictrack Elliptical Trainer. Each IFIT Workout Card features eight week programs, including twenty-four customized workout plans created by Nordictrack's resident personal trainers. Nordictrack's line of elliptical trainers offers various models of the low-impact fitness machines: With a suggested manufacturer's retail price of \$999.00, the Nordictrack SpaceSave Elliptical sports StrideSelect Technology was designed to offer users the opportunity to place specialized attention on their problem areas. This Nordictrack Elliptical boasts the patented SpaceSaver technology, allowing fitness gurus to fold the unit up when it is not in use. The AudioStrider 990 is the newest addition to Nordictrack's line of elliptical trainers. The Auto Strider features the MP3 compatible Intermix Acoustic Sound System. The newly designed trainer sports a Automatic Power Incline for access to calorie burning. The AudioStrider 990 retails for \$999.00. The AudioStrider 600 Nordictrack Elliptical Trainer offers IFIT Technology, in addition to the voice of a Certified Personal Trainer for added motivation. The suggested retail price of the AudioStrider 600 is \$799.00.

### About the Author

There are ten mental exercises, or ways of thinking, that you can learn and practice every day to become a more positive, confident, and optimistic.

Source: <http://www.productsherbal.com>