

## Gazelle Cross Trainer Pro

Fitness guru, Tony Little, designed the Gazelle Cross Trainer Pro. This fitness machine is one of his latest models of Gazelle trainers. It was designed to offer an aerobic style work out that provides both upper and lower body muscle toning. This resistance-training machine is great for strength training too. It is effective for all levels of fitness and it offers a low impact work out, so it is easy on the joints, knees and ankles as well. The Gazelle Cross Trainer Pro also provides an excellent cardiovascular work out. The Gazelle was designed with the technology to mimic natural walking or running, only it is suspended in mid-air and your feet actually remain on the foot platforms. This helps to reduce the impact on your joints. Other features that come standard with the Gazelle Cross Trainer Pro are: \* Foam covered handlebars made for comfort and durability. \* Constructed of lasting, durable steel. \* Weight capacity is 300lbs, whereas most fitness machines offer 250 lb weight capacity. \* Attached water bottle for convenience. \* Manufacturer warranty for 1 year. The Gazelle Cross Trainer Pro has the patented Dual Pivot System and Independent foot action, which makes it so that your legs and feet have a greater range of motion and freedom. Another detail is the Bi-directional hydraulic resistance. This makes the work out more challenging. The computer system on the Gazelle Cross Trainer Pro helps you record your distance, time, calories burned and heart rate. And one unique characteristic with this fitness trainer is that it folds up for easy storage.

## About the Author

Exercise and fitness for teenagers and young adults. Nutrition advice for all and alternative.

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