

## How To Choose Elliptical Trainers For Your Home

Many users of an elliptical fitness machine can attest to the ease and enhanced capabilities of such a fine piece of exercise equipment. Compared to running on air or gliding on a ski slope, elliptical exercise equipment also offers an entertaining, fun outlet from the monotonous routine of treadmill jogging and knee splitting stair climbing. When considering the purchase of one of these exercise giants, you will find a variety of options on the market to choose from.

**Life Fitness** For those who wish to benefit from a cross training workout, as well as an elliptical experience, the Life Fitness brand offers an option that has been rated as one of the best in the industry. A fixture at many high end health clubs, the Life Fitness elliptical machine provides a variety of convenient settings. For example, the Life Fitness 9100 possesses an auto start feature, as well as 20 different resistance options. Some users praise the fact that no external power means are required to operate the equipment. Additional features include an accessory tray and convenient reading rack. An array of built in programs can be enjoyed with the elliptical machine, including interval training and speed workouts. The medium price for this piece of equipment is about \$2000.

**Smooth REV** Another elliptical exercise option is the Smooth REV 300, which delivers relaxing training and workout possibilities without the hassle of impact to various body parts. The design of the equipment is made to accommodate the knees, hips, ankles and backs of its users. Total body results can be achieved through the workout of both the upper and lower body. Some of the programs offered with this product include fat burning, target calories and endurance. This product makes a great addition to any workout goal focusing on burning calories and achieving muscle tone. The midrange price for this piece of machinery is \$1500.

**Fitnex** A variety of workout programs are offered throughout the Fitnex line of elliptical products. Let's take a look at the E50 model, which offers six built in programs to explore, as well as 16 different resistance options. This is a great way to integrate various programs to burn the maximum amount of calories per workout. The display console alerts the user to their heart rate, RPM speed, watt level, weight, and time through matrix technology. An adapter power cord provides the juice to keep this machine running, which tends to sell around \$1500.

Elliptical machines are a great addition to any home gym, which surpasses the benefits of a stair climber, as well as treadmill. Not only is it a great option for exercisers suffering from back pain, weak knees or hip problems, but also the no impact feature coupled with resistance training is good for all users.

### About the Author

The 1990s brought a historic new perspective to exercise, fitness, and physical activity by shifting the focus from intensive vigorous exercise.

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