

# Everything You Wanted to Know about Elliptical Trainers

**A Buyers and Consumers Guide Exclusive Report**



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## **Limits of Liability / Disclaimer of Warranty**

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In other words, we encourage you to obtain your education and information from as many sources as possible. No one source can provide you with all of the information you may need for safe use of exercise equipment.

## About Elliptical Trainer Reviews

Have you ever looked at an elliptical trainer review? If you have you can see that they cover a great deal of information, usually focusing on key points within their elliptical trainer review. However, sometimes you can read one elliptical trainer review about one elliptical machine, and then later on come across another elliptical trainer review about the same product, yet the two elliptical trainer reviews are completely different. This may puzzle some people about how the elliptical trainer review of a product can be so different when they are reviewing the same product that another critique is looking at. There are several reasons why elliptical trainer reviews can come out so differently. We will cover these reasons and show you the key elements that help form a proper elliptical trainer review. You may even be surprised as to how elliptical trainer reviews are scored.

One part of an elliptical trainer review is the price. The prices of the actual machine play a big factor into the elliptical trainer review of the machine. The price ranges are categorized into economy buys, mid-priced buys, and then commercial grade elliptical machines. Now an elliptical trainer reviews results only compare the products that fit into these three price ranges. So if you have an elliptical trainer review for a machine in the economy buys, that has a “best buy” rating with five stars, versus an elliptical trainer review of a machine in commercial grade elliptical machines, with a four star rating, the elliptical machine with the five stars does not mean it is better than the elliptical machine with four stars. All it means is that the five star machines was judged against all of the other elliptical machines within its class to form the results for the elliptical trainer review and rating. This is a major mistake that many consumers make when they read elliptical trainer reviews and look at the ratings.

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Each reviewer and expert has certain criteria that they use to rate the machine and use that in their elliptical trainer review. Some experts may value the machines warranty more then they value the machines features when making the final assessments of their elliptical trainer review. Other experts may find more value in the price, and then they do quality of the machine to form a final analysis for their elliptical trainer review. So when you read reviews, you must understand what the values of the reviewer are, because they may judge certain aspects of the machine in a different way then you might.

Another part of elliptical trainer reviews that you want to keep track of is the person doing the review. You want to pay attention to reviewers with unbiased opinions who write legitimate elliptical trainer reviews, and are not just sources that try to make money form writing a good review for a company to boost their products image. You also need to know that even the best manufacturers who are known for quality and great products do have products that are not so great. This is the purpose for elliptical trainer reviews and is the reason why you cannot always judge a product by its manufacturer.

By understanding how an elliptical trainer review works and how different outcomes of the same product can occur, you can now understand how to look at reviews differently. Remember that there are trusted sources that write reliable elliptical trainer reviews. Do n to fall for a review from a company that may be just writing a review for their own personal gain.

## About Marcy Nimbus Elliptical Trainers

When you hear about elliptical trainers, do you recall ever hearing about Marcy Nimbus elliptical trainers? Marcy Nimbus elliptical trainers are surprisingly under four hundred dollars, and you really do get some great features and benefits along with it. We will go over the Marcy Nimbus elliptical trainers and then let you decide if the Marcy Nimbus elliptical trainers are the type of machines you would like in your home.

When you get onto a Marcy Nimbus elliptical trainer, the first thing you will notice is that Marcy Nimbus elliptical trainers run very smoothly and are extremely quiet. This makes a Marcy Nimbus elliptical trainer very comfortable and easy to use, which is very important when choosing an elliptical trainer. The Marcy Nimbus elliptical trainer also seems to have a very sturdy frame, which makes it so that you do not have to worry about the Marcy Nimbus elliptical trainers frame being wobbly during a workout. This is important, because many elliptical machines at this price range prove to be very unstable. This does not mean that Marcy Nimbus elliptical trainers are the most stable machines on the market, however it does mean that the Marcy Nimbus elliptical trainers are stable enough to let you get a good workout.

Other features on the Marcy Nimbus elliptical trainers include ten levels of resistance, hand pulse sensors to get accurate readings of your heart rate, front transportation wheels as well as a console that has the basics. There is a nice feature that is added to the rear platforms of Marcy Nimbus elliptical trainers. The back is adjustable to make the Marcy Nimbus elliptical trainers more even on uneven floors. All of these features make Marcy Nimbus elliptical trainers very nice machines at a astonishing price. They do seem like they are well put together and seem moderately durable.

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The weight capacity of Marcy Nimbus elliptical trainers is very well as it has a maximum weight capacity of up to two-hundred-and-twenty pounds. This is exceptionally well and even rivals machines that are more expensive than Marcy Nimbus elliptical trainers.

Another positive part of Marcy Nimbus elliptical trainers is that they come with a one year warranty on both parts and labor. This is a very good point when looking at Marcy Nimbus elliptical trainers, because you know that even though you are paying such a low price for Marcy Nimbus elliptical trainers, you are guaranteed that they will last you a minimum of a year. This gives buyers more confidence when purchasing Marcy Nimbus elliptical trainers.

Overall, Marcy Nimbus elliptical trainers seem to be very well put together and are not only low in price, but are also great buys for someone on a low budget. Marcy Nimbus elliptical trainers have a great warranty with some nice features that you would expect to see with a higher price tag. Marcy Nimbus elliptical trainers seem to be reliable machines that you can use to maintain a steady workout with. They seem to be one of the best elliptical trainers out there in a budget buy category.

## All about Smooth Elliptical Trainers

More than likely you have heard about Smooth elliptical trainers as the Smooth elliptical trainers are not only one of the best selling elliptical trainers over the Internet, but also are one of the highest rated manufacturers right now. Smooth elliptical trainers are made by Smooth Fitness, who added several more models to their Smooth elliptical trainers' product line. We are going to help you find out all about Smooth elliptical trainers and what makes them so great, so you can see why Smooth elliptical trainers are one of the hottest products out there today.

The first thing that you will more than likely notice about Smooth elliptical trainers is the great price that they have for all that the Smooth elliptical trainers offer. Smooth elliptical trainers do not fit into a budget buy or expensive price range, but instead, the smooth elliptical trainers are actually mid priced. You will not find a Smooth elliptical trainer for over two-thousand dollars, however, you can compare the features of Smooth elliptical trainers to more expensive models from such manufacturers as Precor and see that despite the large price gap, they have many similarities. This is why you really get your money's worth from Smooth elliptical trainers, because they can compete with other elliptical trainers that cost over three-thousand dollars.

Smooth elliptical trainers have patented technology as well. You can adjust your elliptical motion based upon your height. This might not seem important; however by not having your body's motion correctly aligned with the machine can actually keep you from burning off more calories than if your body was properly aligned with the machine. Proper alignment with your body's motion also decreases the risk of a possible injury which makes smooth elliptical trainers safer to use than most. This feature also adds to why Smooth elliptical trainers are so great and also gives Smooth elliptical trainers an advantage over other machines.

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Some other useful features that you will find on Smooth elliptical trainers are electromagnetic braking; upper body arms which will help give you a full body workout, pulse sensors built into the hand grips, as well as having a high weight capacity. All of these features are what makes Smooth elliptical trainers so desirable by consumers. Another great feature is the noise control that smooth elliptical trainers have. There have been many satisfied customers who have claimed that the machine is completely silent. The reason for this is, is that Smooth elliptical trainers use whisper mechanics. The electromagnetic brake system also has no motor and less parts than regular brake systems, which means that the chances for the brake system to have problems is greatly decreased on the Smooth elliptical trainers.

Not only do Smooth elliptical trainers have a very good warranty, but because of all of the fantastic features and the use of up to date technology, the Smooth elliptical trainers have received very good ratings. Because Smooth elliptical trainers carry such a high value for such a low cost, Smooth elliptical trainers are recommended for people who cannot afford the high end elliptical machines and are on a slimmer budget. With the Smooth elliptical trainers, you can get a high end machine at the fraction of the cost.

## **Alternative Resources to Find Lifecycle Elliptical Trainers for Sale**

Everywhere you go you see Lifecycle elliptical trainers for sale. It is no surprise, as Lifecycle is the preferred brand for these types of workout machines as well as treadmills. As you know by looking at Lifecycle elliptical trainers for sale, they are not cheap. There is a way to buy Lifecycle elliptical trainers for sale, without paying a high price. You do not have to be a smart shopper to buy Lifecycle elliptical trainers for sale at a discounted price; you just have to change your resource from where you are buying them. There are several methods that you can sure to buy Lifecycle elliptical trainers for sale at a lower price than normal.

One great way to buy Lifecycle elliptical trainers for sale at a discounted price is to buy used equipment from gyms and other fitness centers. Different health clubs, gyms and other fitness establishments are continually upgrading their equipment. There are also places that lease equipment to gyms and when they receive newer models, then they replace these older models with more updated versions of the equipment. Because there are so many gyms, it is more than likely that you will be able to find used Lifecycle elliptical trainers for sale. Since the Lifecycle elliptical trainers for sale is used, you will get it at a much cheaper price than if you bought the Lifecycle elliptical trainers for sale at a normal retailer. This is a great way to find Lifecycle elliptical trainers for sale at a discounted price.

Another way to obtain Lifecycle elliptical trainers for sale at a cheaper price than normal is to buy refurbished equipment. Despite the high quality of Lifecycle elliptical trainers for sale on the market, there are times when the equipment gets sent back due to problems. This is normal and after the product is repaired, it is then classified as refurbished equipment. Since the equipment has had a history of errors and having to have it repaired before being resold, it is sold at a lower

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price then normal. There is nothing wrong with refurbished machines and it is a great way to get Lifecycle elliptical trainers for sale at a discounted price while still having a warranty form the manufacturer in place. Unlike buying used equipment from someone else, you can still purchase quality Lifecycle elliptical trainers for sale at a discounted price, without worrying about no warranty in place. Your warranty will most likely be shorter then if you would have purchased Lifecycle elliptical trainers for sale at a normal price; however, you are still paying less which compensates for a shorter warranty.

Auctions, flea markets and garage sales are another great source for finding Lifecycle elliptical trainers for sale at a lower then normal price. The only downside to this alternative is that there could be some circumstances where you are buying used equipment that has not been inspected for potential problems. However, to avoid this problem, find Lifecycle elliptical trainers for sale that are still under the warranty. More then likely the machine will still work as if it were new, if it is not that old. You can find Lifecycle elliptical trainers for sale at some great prices by using this method.

Regardless of which method you choose to use, it is possible to find Lifecycle elliptical trainers for sale at a cheaper price then normal.

## **Budget Buy Facts about the Eclipse 1100 HRAn elliptical Trainer**

You may look at the Eclipse 1100HRAn elliptical trainer and really wonder if the price tag could really be true. Yes the Eclipse 1100HRAn elliptical trainer is truly under five-hundred dollars. That is not fictional or a gimmick. Now some people buy Eclipse 1100HRAn elliptical trainer to really looking at the facts of the machine. Now the Eclipse 1100HRAn elliptical trainer is a good machine for its class, especially since it is so cheap. However, the Eclipse 1100HRAn elliptical trainer does come with some cautions that you need to understand before purchasing it. We will go over the positive points of the Eclipse 1100HRAn elliptical trainer as well as the warnings you need to know about this machine to help you decide if the Eclipse 1100HRAn elliptical trainer is right for you.

One of the best features that can be found on the Eclipse 1100HRAn elliptical trainer, is the patented orbital link system that really does provide smooth and low impact strides in an elliptical pattern. This is especially useful when you are using the machines sixteen levels of magnetic resistance along with its twelve preset workout programs that you can clearly see on its nicely set LCD. Now the programs include a manual program, a user program and a heart rate control program. This is not bad as far as programs go.

The LCD is very easy to use and provides such feedback as how fast you are going, time, how far you have gone in distance, an accurate number of calories burned as well as your hand pulse monitor built into the handles. The Eclipse 1100HRAn elliptical trainer has a lot of power concerning features, which draws many people to the Eclipse 1100HRAn elliptical trainer. One feature that the Eclipse 1100HRAn elliptical trainer does carry that is important as well is the slip resistant footpads. This feature adds some extra security to maintaining a safer workout while using the Eclipse 1100HRAn elliptical trainer.

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You have heard about the positive aspects of the Eclipse 1100HRAn elliptical trainer, but now here are some cautions about the machine to really decide if it is for you. You must remember that the Eclipse 1100HRAn elliptical trainer is a very lightweight unit, especially compared to other elliptical machines. This machine is not built to work out for more then fifteen minutes a few times a week. This machine is meant to exercise to stay in shape. It s durability is not made for extensive or heavy workouts for such goals as losing weight any type of hard training, then the Eclipse 1100HRAn elliptical trainer. The Eclipse 1100HRAn elliptical trainer is a good machine for its class, however this does not mean the machine is highly durable or made with the absolute best quality of parts which is why it has a one year limited warranty. However, you cannot really complain about the machine, because it has good enough construction that it will last you a sufficient amount of time if you just use it to get a quick exercise to stay in shape.

This is why the Eclipse 1100HRAn elliptical trainer is so popular and is a great buy for anyone wanting to save money and still be able to stay in shape.

## Different Elliptical Cross Trainer Features

There are a variety of elliptical cross trainer features that can be found on different elliptical cross trainer machines. Depending on the type of machine you buy, will depend on what type of features your elliptical cross trainer will have. We will go over some of the most common features that you can find on an elliptical cross trainer machine.

One great feature on an elliptical cross trainer is a heart rate sensor that is actually built into the handles of the machine. This is a great feature to have as it does not require you to estimate your heart rate or rely upon attaching sensors to your body. There are also wireless sensors that you can find on some elliptical cross trainer machines.

LCD consoles can also be found on some elliptical cross trainer machines. These LCD consoles usually have some basic console features of how many calories you burned, your heart rate, a timer and how many steps you have taken. Some advanced elliptical cross trainer units also have exercise programs that guide you through exercises. This can be helpful to assist you in doing exercise programs built into the machine so that you do not have to become bored. By creating goals for yourself with these built in programs, it also encourages you to burn more active while still staying interested in using the machine to exercise.

Some elliptical cross trainer machines also have adjustable pedals and uprights. This can be a especially useful feature so that you can adjust your elliptical cross trainer to fit your height perfectly, making your exercise more comfortable. Not only will being able to adjust the pedals be more comfortable, but it will also nearly eliminate the chances form you injuring yourself since the machine will move harmonically with your body's motion.

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Many elliptical cross trainer machines use adjustable magnetic resistance. This is a great feature to increase the difficulty of using the machine to maintain strength as well as a continual complete workout. This allows the workout on your elliptical cross trainer to never become dull, but instead always leaving room to continually challenge yourself. Some elliptical cross trainer units also have adjustable ramps. This is a great feature to have on your elliptical cross trainer, because it allows you to start at an easy level and work your way up to harder positions. By increasing the ramp to become steeper on your elliptical cross trainer, while adding magnetic resistance, it makes your workout much more difficult. This leads to a harder workout resulting in more calories being burned, which can help you have a stronger and more toned body.

There are many features that you can find on an elliptical cross trainer. Some elliptical cross trainer manufactures even have features on their elliptical cross trainer machines that are exclusive. This is because some elliptical cross trainer manufacturers use technology that others do not. Overall you need to look at each feature, and decide which features are important for you. This will depend on your fitness goals. Knowing what type of results as well as what your price range is, will help you decide which elliptical cross trainer machine will be best for you.

## Different Elliptical Trainers Ratings

There are many elliptical trainers' ratings out there, which can make it hard to decide which machine is actually the very best. People do have different opinions, and with each new individual machine there are always different features that are factored into the elliptical trainers ratings score. Before we can decide what machine we will buy, we first have to know what is really most important to us. This will prevent us from selecting a machine that has nice features that we will most likely not use or may not be important to us. We also have to factor in our budget and what we can afford. There elliptical trainers' ratings are rated from the best budget buy all the way to best overall quality.

The Schwinn 418 Elliptical received an elliptical trainers rating of a "best buy" by consumer reports. This machine however only has eight resistance levels, twelve workout programs, a pulse grip heart rate monitor and can hold someone with a maximum weight of two-hundred-and-seventy-five pounds. Although it seems like this machine is comparable to the Proform 900 Elliptical, it is a far more durable and comfortable machine and is highly recommended by users.

The Smooth CE elliptical received an elliptical trainers rating of five stars and "best buy" from consumer search. Some great features for this machine is that it has sixteen resistance levels, nine built in programs, a wireless and hand grip pulse sensor, can hold a maximum weight of three hundred pounds along with a ergonomic pivoting foot pedal. This is a highly recommended machine that holds a good value for the money. This elliptical machine also comes with a lifetime warranty on parts and a one year warranty on labor.

The Precor EFX 5.19 had an elliptical trainers rating as "best quality" from consumer reports. This to some will come as a surprise, especially since Proform's EFX series of Elliptical machines are considered the best top rated

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Elliptical machines around. This is not the cheapest machine that you can buy on the market but it does have some very nice features to give you a great full body workout. It has a fixed ramp at twenty degrees, it can target different muscles by being able to go forward and in reverse, it has an electronic readout along with a membrane console with multiple features, a very accurate heart rate reading and ergonomic handlebars that adjust to a variety of hand positions.

These are just some elliptical trainers' ratings of different machines from different sources. You must remember that just because a machine has an elliptical trainers rating that seems to score well with you, it is good to still research the machine itself and not just go solely on an elliptical trainers ratings when buying a machine. You do not want to rely solely on elliptical trainers ratings, because despite the given elliptical trainers rating, the machine could still not be right for you. It is good to let an elliptical trainers ratings peak your interest in an elliptical machine, however it does not do any harm to make sure that machine will best suit you.

## Elliptical Trainers from New Zealand

There are some very good elliptical trainers from New Zealand that add some competition to elliptical trainers found across the world, including the United States. Elliptical trainers from New Zealand are just as reliable as any other type of elliptical machine, except that elliptical trainers from New Zealand are at a fraction of the cost as their competitors. That is why it is good to look at elliptical trainers from New Zealand because you may be surprised at what you may find. We will be looking at two different elliptical trainers from New Zealand to show you the great price, quality and features that elliptical trainers from New Zealand have to offer the elliptical machine market.

One popular elliptical trainer from New Zealand is the Nit-Trac 7-8200 Pro. This elliptical trainer from New Zealand offers a lot of benefits at a fraction of the price of what you would find a machine of its caliber elsewhere. It has a lot of elliptical cross trainer benefits, such as ten built in programs to help you with your cardiovascular training, providing a type of exercise on the machine that helps the user maintain bone density, true elliptical motion with very low impact, as well as providing a total body workout for the upper and lower bodies. This elliptical trainer from New Zealand with these features alone, provides some very useful benefits.

Some other great features that are on this elliptical trainer from New Zealand is it has sixteen magnetic levels of resistance, a large LCD screen, well built put together parts which are made from heavy duty material as well as large non-slip pedals to name just a few.

Even the weight capacity of the machine is very well, as it holds up to three-hundred-and-thirty pounds. This is very good for any type of elliptical machine and beats as well as rivals many machines that can be found in the United

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States. For being just over one-thousand dollars, this elliptical trainer from New Zealand is a great buy.

One of the other elliptical trainers from New Zealand is the e-Bike Elliptical Cross Trainer. It does not pack as much punch as some of the other elliptical trainers from New Zealand, however for its price it is a good buy. It has eight resistance levels, a large LCD display as well as some large pedals that are also slip resistant. Now some special features that this elliptical trainer from New Zealand has, is that it has built in transport wheels to easily move the machine, as well as a adjustable handle bar post. This adds some convenience to the machine and for being just under six-hundred dollars, it is a great buy.

As you can see, elliptical trainers from New Zealand have as much value and some very nice features then elliptical trainers that can be found in other countries. Elliptical trainers from New Zealand seem to be very competitively priced which adds some competition to the market while making elliptical trainers from New Zealand a great alternative to looking for an elliptical machine for your home.

## Healthrider Elliptical Trainer Reviews

You may have heard about a Healthrider elliptical trainer, but may wonder how well the Healthrider elliptical trainer machines really work. The Healthrider elliptical trainer machines are not as prominent in conversations compared to other elliptical machines, however Healthrider elliptical trainers do have a reputation that does clearly stand out. If you are considering buying a Healthrider elliptical trainer, you will be glad to know that the Healthrider elliptical trainers have some great benefits along with some good reviews.

Now no one will say that the Healthrider elliptical trainer machines have the highest quality, but many people can agree that the quality of a Healthrider elliptical trainer is above average. Their different models all share a common reputation of good quality at an excellent price. When looking at Healthrider elliptical trainers, you will notice that they only come in a few models. This is because Icon who manufactures these machines, who also manufactures other machines that do not get great reviews, seems to focus more on quality when it comes to manufacturing their Healthrider elliptical trainer machines. This is what makes a Healthrider elliptical trainer so reliable, because no matter what model you buy, they are all highly reliable in quality and performance. The machines consistency is one reason why it is so highly regarded.

Many people recommend the Healthrider elliptical trainer, but they do have concerns about the stride length as it is not that great. This can be a problem for tall users or people who are more comfortable using a longer stride length.

Another problem is the limited options you have with limited incline availability. Depending on what Healthrider elliptical trainer you choose will really depend on how many problems you will face with this feature. The incline option varies on each individual model of the Healthrider elliptical trainer. So if an adjustable incline feature is important to how you want to perform your workout, then you

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more than likely will want to look at all of Healthrider elliptical trainers and choose the one that has the best incline feature.

Another problem with the Healthrider elliptical trainer is the limited warranty. Even though these machines are very reliable and have high durability, the warranty could have been better than it is. Despite the cheap warranty that comes with the Healthrider elliptical trainers, you do not need to worry about your machine not lasting long. A Healthrider elliptical trainer is a very good machine that has great quality added to it. You can always purchase an extended warranty for whichever Healthrider elliptical trainer you decide to purchase, which may make some people wonder if this is why the warranty is as limited as it is. So despite the poor warranty for the Healthrider elliptical trainers, there is an option to make you feel more comfortable for when you purchase your Healthrider elliptical trainer. Buying an extended warranty is recommended.

Other than these problems that can be found with the Healthrider elliptical trainer, the Healthrider elliptical trainer is a machine that still ranks above average and is used by many satisfied customers.

## How Elliptical Machine Workouts Can Help You

Many people wonder how elliptical machine workouts can help them. There are many benefits of elliptical machine workouts that can not only help you get into shape, but also encourage the most unenthusiastic person about exercising. Elliptical machine workouts have many benefits, and unlike using weights and other types of exercise equipment, elliptical machine workouts are much easier on the body. Elliptical machine workouts do not require any special equipment, skill or fitness requirement, which makes elliptical machine workouts universal. Because of this reason alone, it is no wonder that elliptical machine workouts are becoming so popular.

One of the greatest features about elliptical machine workouts is that they are low impact. This takes a big burden of strain away from your exercises and also helps elliptical machine workouts more user friendly. Due to the low impact, elliptical machine workouts are very safe, as there is a very low chance that you will not injure any part of your body. This is especially useful for people who are new to exercising and are not in full exercise shape, and this makes elliptical machine workouts user friendly for older aged adults. It may be surprising to some, but due to the low impact, elliptical machine workouts actually can burn more calories than from doing regular fitness routines. This can help you reach your fitness goals at a more rapid rate.

Another benefit of elliptical machine workouts is the lower perceived exertion that you feel after a workout. This may mystify some, however elliptical machine workouts really do seem easier and you are working just as hard as if you were doing any other exercise, if not harder. Elliptical machine workouts accomplish this because they copy the natural movements of your body. By doing this, elliptical machine workouts seem easier making it easier to provide a hard workout without it feeling like it is so hard. There is a caution point to this

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however. You must remember to not over strain your body. Some elliptical machine workouts seem very simple because some machines provide a lower impact than the average machine. For this reason, you want to be sure to keep your elliptical machine workouts at a moderate level and time period. This will help you not work your body too hard and over strain it.

Depending on what type of machine you have, you can make your elliptical machine workouts into full body exercises. This is a great benefit, and even though not all machines provide a full body workout, elliptical machine workouts still provide the highest calorie burn in the shortest amount of time. So regardless of what type of machine you have, your elliptical machine workouts can be done quickly while still maintaining effective results.

Elliptical machine workouts also provide interval training. With elliptical machine workouts you can use different resistance levels and sometimes even different elevation levels to change your workout. This can help you build and lower different workout challenges to your elliptical machine workouts which make elliptical machine workouts easily customizable.

As you can see, elliptical machine workouts are easy and offer many benefits that other exercise machines and fitness programs do not offer. Elliptical machine workouts are great for all ages, fitness levels and body types. Because of all the great features and benefits that elliptical machine workouts provide, it is no wonder that elliptical machine workouts are becoming so popular.

## How to Properly Review Elliptical Cross Trainers

When you review elliptical cross trainers there are certain things that you want to look at to make the best decision about buying the right machine for you. We will show you how to properly review elliptical cross trainers so that you do not have to rely on other people's review of elliptical cross trainers. By making your own review of elliptical cross trainers, you will know the right machine when you find it.

The first thing you want to look at when you review elliptical cross trainers is to look at the manufacturer. This is important when you review elliptical cross trainers, because different manufacturers have different track records with their products. Some manufacturers offer great customer service and great products, while other manufacturers have a very poor track record and in customer service, as well as not providing quality products. By looking at the manufacturer, this will give you the first impression about the machine and will help you when you review elliptical cross trainers. You cannot solely judge a machine based on a manufacturer, which is why you need to add other factors when you review elliptical cross trainers.

The next part of your review elliptical cross trainers, is to look at the features. Different people have different requirements and these specific requirements should be a big part of your decision when you review elliptical cross trainers. You want a machine that is as close to custom built for you as possible, or a machine that can be adjusted to fit your needs. This is why looking over every single feature of the machines features is important and will guide you when you review elliptical cross trainers. You cannot make a good decision by only knowing about one or two features of a machine. Doing that will only result in poor judgment when you review elliptical cross trainers.

When you review elliptical cross trainers, you want to look at its strengths and weaknesses. This is extremely important, because you will see not only the positive parts of the equipment, but you will also see the drawbacks. When you look at the strengths and weaknesses of the machine when you review elliptical cross trainers, you can evaluate if it would be worth buying the equipment. Almost every machine has some positive and negative points about it. There is not one single product out there that is perfect and is very important for you to understand when you review elliptical cross trainers. Just because the unit is not perfect, does not mean it is bad equipment.

One of the most important things to evaluate when you review elliptical cross trainers is by looking at the warranty. This will let you know how well the machine is covered by the manufacturer. If you purchase a machine that is not covered nor has a limited warranty, then you will want to know about it before you spend a single dollar on the equipment. Warranties are very important to factor in when you review elliptical cross trainers, especially since they are so expensive to fix and replace.

By taking into consideration these different points when you review elliptical cross trainers, you will make better reviews of elliptical cross trainers. By doing proper reviews of elliptical cross trainers, you are fully informing yourself of the product you are considering to buy, as well as the positive and negative aspects of the machine.

## Information on the New Balance 9000 Elliptical Trainer

You may be wondering about the New Balance 9000 elliptical trainer. You already know that New Balance makes some quality shoes and therefore you may assume that the New Balance 9000 elliptical trainer is just as good. New Balance has several models of elliptical trainers out, which is why you should not get the New Balance 9000 elliptical trainer confused with their lower end models which have not gotten such great reviews. We will show you why the New Balance 9000 elliptical trainer is more superior to the lower end models and why it is a good choice to think about using.

One of the first things that you will notice about the New Balance 9000 elliptical trainer is that it has a electromagnetic drive system along with a stride length that can be adjusted from seventeen, to nineteen, up to a maximum length of twenty-one inches. This gives the New Balance 9000 elliptical trainer an edge as it could be used for short and tall people. The New Balance 9000 elliptical trainer can even hold a variety of different body types as its weight capacity reaches a maximum of three-hundred pounds. Its LCD display has all of the basic displays but also includes a display for watts, which is not so common, but at the same time, we do not know how useful that will be to many people. The New Balance 9000 elliptical trainer offers a upper body workout along with your lower body, thus being able to give you a true full body workout.

Some other features that stand out on the New Balance 9000 elliptical trainer is that the pedals are big ComFrom foot platforms. This adds some extra sturdy footing so that you can keep yourself continually stable throughout your workout. New Balance 9000 elliptical trainer also has sixteen resistance levels which uses magnetic resistance, seventeen workout programs as well as built in pulse-sensors to track your heartbeat. One nice feature that also makes the New Balance 9000 elliptical trainer appealing is that it has transportation wheels

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attached to it. This makes the New Balance 9000 elliptical trainer very easier to maneuver and can be a great way to put your New Balance 9000 elliptical trainer into a storage space when you are not using it, so that it does not clutter up your living space. Moving the New Balance 9000 elliptical trainer is made more convenient by its weight, since the New Balance 9000 elliptical trainer is light enough to maneuver and move on its transportation wheels.

The only real problem we saw with the New Balance 9000 elliptical trainer that could be improved and can be found on its competitors is an incline position. It has no incline positioning or adjustments, which can be used to increase the difficulty of your workout. However this does not cause a drastic difference in the challenges that you can give yourself on the machine since the New Balance 9000 elliptical trainer does have sixteen levels of magnetic resistance. However, this is a feature that New Balance could improve on in the future to completely make the New Balance 9000 elliptical trainer dominant over its competitors.

Overall, the New Balance 9000 elliptical trainer is a great elliptical trainer with many benefits and only one drawback that does not cause that much of impairment on the machine.

## Looking at the Eclipse Elliptical Trainer

The eclipse elliptical trainer is undoubtedly the most popular elliptical machines in the low budget price range on the market. The eclipse elliptical trainer starts at three-hundred-and-forty-nine dollars and only increases by fifty dollars for the next highest model. The eclipse elliptical trainer is undoubtedly one of the most affordable machines out there, which leaves no excuse as to why someone does not own an elliptical machine. You may be questioning the eclipse elliptical trainer based upon its price; however that should not be a big concern. The eclipse elliptical trainer is manufactured by Fitness Quest, who actually manufactures some very popular products that you most likely have seen on infomercials such as the total gym, the Tony Little machines, as well as the abs lounge. All of these products made by Fitness Quest are popular and reliable which is why it comes to no surprise that their eclipse elliptical trainer is such in high demand. We will go over some key features and benefits of the eclipse elliptical trainer, so that you can get an inside look of the machine itself.

The biggest key feature and what attracts so many people to the eclipse elliptical trainer is the price. For all of the features it has and a warranty that more expensive machines do not even have, the eclipse elliptical trainer is a great bargain. For the small investment you put into the machine, you will get a lot more in return than if you bought a more expensive machine that had even less features than the eclipse elliptical trainer.

With the eclipse elliptical trainer you even get a LCD console which has some basic but great features for its price range, such as a heart rate monitor, speed, distance, time, a odometer, as well as how many calories you burned. This may not seem like much to some consumers, but on more expensive machines from other brands, you do not even get that much, if you even get a LCD display.

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The eclipse elliptical trainer also has six built in workout programs. What makes this feature unique and great is that there are evenly three workout programs that focus on speed, and the other three programs focus on resistance. These are well put together workout programs that try to cover the overall fitness of the user. There are up to eight levels of magnetic resistance which gives you some flexibility in your resistance levels.

There of course were some problems that did arise with the eclipse elliptical trainer, but not as many as one would expect from an elliptical machine in this price range. The stride length is only fifteen inches and is the biggest problem found on this machine. The one year warranty may not seem long to some people, however the warranty for the eclipse elliptical trainer is longer then some machines that cost a lot more then the eclipse elliptical trainer.

Overall, the eclipse elliptical trainer is a great buy for anyone who just wants a standard machine and has a very limited budget. You get some great features for the price and warranty. If you want to own an elliptical machine but do not have the money to buy more expensive machines, then the eclipse elliptical trainer would be your best buy.

## Sole Elliptical Trainer Reviews

There are many elliptical trainer reviews; however, these elliptical trainer reviews cover some of the more common elliptical trainer names out there. Sole is not a common name associated with elliptical machines; however you can be sure that you will see their name more and more in different elliptical trainer reviews for some very good reasons that we will explain to you.

Because you may not have heard the name Sole in the elliptical trainer reviews that you have read, you may think that they are a brand new company trying to break into the fitness market. However, Sole has been in the hotel market, by providing treadmills for many upscale hotels such as the Hilton. They have been in business for over twenty years, which is no wonder that they are making some very spectacular elliptical trainer machines, and you will notice their name frequently coming up in elliptical trainer reviews.

One of the benefits of their machines is that their footpads have proper alignment. This is very important as your bodies alignment is usually thrown off when you use elliptical trainers, which is something that is not mentioned in elliptical trainer reviews. Sole eliminates this by having their footpads at a two degree inward angle. This simple but yet effective positioning makes a chance of injury to your back, knees, ankles and hips very slim.

Another piece of information that people may not notice in elliptical trainer reviews is the weight capacity of the machine. There are certain weight limits that elliptical trainers do have. Sole has taken notice to this, which is why they have an elliptical machine that can hold a weight capacity of up to four-hundred pounds. This is a great benefit for obese individuals who want to use an elliptical machine but cannot because their weight goes over the machines capacity. In fact, Sole provides the only machine that can hold this type of weight capacity

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which makes it very appealing for overweight individuals who are trying to lose weight with a machine that will also help them feel comfortable during the entire workout.

Sole also provides elliptical machines that offer some of the largest stride lengths, reaching up to twenty inches where other machines do not even exceed over sixteen inches. This is important, because the length of the stride for your arms not only helps you burn more calories, but it also benefits taller people. It is hard for people with long arms to use an elliptical machine that has a short stride length. In many elliptical trainer reviews, you will notice that the average stride length is anywhere from twelve to sixteen inches.

Apart from other elliptical machine manufacturers, Sole offer one of the best warranties. This is because Sole uses some of the best quality for their parts and gives you great confidence that your machine will last for years to come.

Their elliptical trainer machines usually range under seventeen-hundred dollars, which make them a great buy for their quality and features.

You can look over other elliptical trainer reviews and compare some of the key benefits of the machines used in the reviews compared to the machines that Sole offers. You will see that despite the elliptical machine reviews that you come across, that Sole offers a highly competitive product with a bargain price. Because of this reason, elliptical machines made by Sole will become more known. After a while you will find Sole in more and more elliptical trainer reviews in the future and will be able to see the superior benefits that elliptical machines created by Sole offer.

## **The Cintura 2000 Elliptical Cross Trainer**

When you think about elliptical equipment, we are sure the Cintura 2000 elliptical cross trainer is not a common elliptical machine that you have ever heard about. In fact, the Cintura 2000 elliptical cross trainer is a machine that has some very good benefits for less than seven hundred dollars. The reason you may not have heard about the Cintura 2000 elliptical cross trainer is because it is made by Cintura Sports which is located in Europe. We look take a look at the Cintura 2000 elliptical cross trainer to see all of its features and compare it to other low budget elliptical machines.

The Cintura 2000 elliptical cross trainer seems to be constructed really well, especially since it is made out of one-point millimeter steel and has a solid and secure flywheel. This solid construction of the Cintura 2000 elliptical cross trainer gives it a very stable and smooth feel, which seems to result in a very comfortable workout. This machine only has about eight resistance levels; however, these seem adequate enough to give the user a highly impelling workout experience. One feature on here that really makes the Cintura 2000 elliptical cross trainer stand out from other elliptical trainers is that it has two types of handlebars. It has a set of fixed handlebars so if you want to get a full lower body workout, but it also has movable handlebars that you can also get a full body workout with. This is a very nice feature to give the user an option of what type of workout they want to do. It comes with a standard seven function computer that has the basics of keeping track of speed, how far you have gone in distance, your time, how many calories you have burned, your heart rate being displayed as well as an odometer. It also has scan modes which is not so common on consoles, especially on machines for such a low price. The Cintura 2000 elliptical cross trainer also has a forward and reverse motion which really seems to give this machine an edge over others in its class.

We can say that of course the most obvious positive thing about the Cintura 2000 elliptical cross trainer is the price. However, the Cintura 2000 elliptical cross trainer seems to be very much more reliable than other elliptical machines especially when it comes to the durability of the machine. The machine does not seem to have a noise problem, which is another plus.

The only drawback that we see on this machine is that the warranty is not really specified on the manufacturers' website. In fact the website only seems to talk about fitness and staying in shape and does not necessarily even come close as to giving you any idea of what type of warranty they may offer. This could be an issue, however due to the solid construction of the machine; it is not something to really worry about. Especially when you are considering the price of the Cintura 2000 elliptical cross trainer.

Overall, the Cintura 2000 elliptical cross trainer seems to be a well put together machine that rivals other machines in its class in all aspects and comes with a nicely fixed price tag that would fit any low budget for an elliptical machine.

## The Three Best Buy Elliptical Trainers

Elliptical trainers are very new and are a great alternative to treadmills. You have heard about the many elliptical trainers that are available on the market, however, which ones should you get. Elliptical trainers should not be judged just on price, but also on rating the machine itself. We will go over the best three elliptical trainers that fit the best price and value for the money that you pay.

Elliptical trainers that are under one-thousand dollars usually are questionable as far as quality. However, the Nordic Track CX 990 falls in the rare elliptical trainers that has one of the best prices on the market, along with good quality. This machine has a incline feature that can change the incline from ten all the way up to 30%. This is a great feature to add intensity to your workout, along with the ten levels of resistance that you can change. Now most Elliptical trainers only have a ninety day warranty, however, the CX 990 has a one year warranty which makes this machine a safe and smart buy for people who plan on using the machine regularly and want to maintain a nice low budget not wanting to spend less than one-thousand dollars on elliptical machines.

The Smooth CE 3.2 is a very great value for a low amount considering all of its features compared to other elliptical trainers. Besides having a heavy duty flywheel and electromagnetic brake system, it also has a wireless heart rate control and a hand grip HRC. The Hand Grip HRC by Smooth is exclusive technology that other elliptical trainers do not have. The CE 3.2 also includes nine programs and has ergonomic, pivot foot pedals to make using the machine easier without having a risk of injury. There are some elliptical trainers that do not let your body move in full alignment of the machine which does add some risk for injury. The Smooth CE 3.2 does allow your body to move your body in full alignment of the machine which is not only safer, but also provides a much more comfortable workout. This machine retails for less than one-thousand-five-

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hundred dollars, which is a great deal for not only for the machine, but also for the reputation of Smooth.

The Precor EFX 5.33 beats all other elliptical trainers on the market and is the top value for your money. This machine can be found at health clubs and offers a full body workout eliminating the need to join or go to a gym. It has movable handlebars, a twenty degree elevated ramp that is non adjustable as well as forward and reverse elliptical strides. The best thing about this machine is that it offers some of the best quality parts and even has a ten year warranty on the individual parts of the machine, as well as a one year service warranty on the machine. There are no elliptical trainers that can compare to the quality, craftsmanship and performance of this machine which is no wonder that this machine is slightly over three-thousand-five-hundred dollars. Despite the cost, the Precor EFX 5.33 will save you thousands of dollars in the long run, as you will not have to be replacing machines over the years. This is by far the best investment that you could put into any of the Elliptical trainers on the market, if you can afford to pay for the cost of the machine all at once.

All of these elliptical trainers have their different benefits along with their unique features that make them stand out. However, one common theme that these Elliptical trainers share is that they are the top three best buys for their class.

## The Worse Elliptical Trainer Ratings

You have heard about the best elliptical trainer ratings and you know which machines have scored well in their elliptical trainer ratings, however have you heard about the machines that scored poor elliptical trainer ratings? There are a few out there and they may be surprising to come from some very well trusted names in the exercise equipment industry. We will be going over the elliptical trainer ratings, to help save you the time and money from buying elliptical machines with poor elliptical trainer ratings. These machines received very low elliptical trainer ratings for obvious reasons that you will see.

Nordic Track surprisingly had their elliptical workout machines scoring very low elliptical trainer ratings which seems to some as a surprise since they have produced some very good machines in the past. However they did not receive such great elliptical trainer ratings because their products seemed to be focused more on features, then on the actual quality of the products themselves. It was found that many consumers were satisfied with their purchase since the products are very low in cost compared to other machines, however there were many reports of mechanical problems with the machine s itself. Due to this reason, it is no surprise that Nordic Tracks Elliptical machines received such low elliptical trainer ratings. It seems they could have had better construction in their products, then taking more time to add numerous features. The features are probably the best part of their machines, which probably contributes to their elliptical trainer ratings, however due to mechanical problems; do not expect the features to last long.

Despite Proform having a great reputation, their 900 elliptical machines had some poor elliptical trainer ratings and it is surprising that the product is absolutely worthless. You would not think of any machine made by Proform to receive poor elliptical trainer ratings; however it seems that any of Proforms

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machines that are not in the EFX series, do not have the same comparable quality. Even the warranties are shorter than average. The Proform 900 elliptical does have some good qualities such as price and low noise, however it does not support heavy users and it is very wobbly. Due to the ninety day warranty, you can expect it to not last long at all which is probably a good indication why it received such poor elliptical trainer ratings. There is no doubt that Proform could have built a cheaper version of their EFX models, and would have received higher elliptical trainer ratings. If you are not buying a Proform EFX model, then it would be best to put your money elsewhere.

Horizon seems to fall into the same category as Nordic Track, which is why their machines also received some of the poorest elliptical trainer ratings for their machines. Their machines have some of the lowest stride lengths in the industry, are not built for tall people and seem to be highly unreliable as well as uncomfortable. Horizon just does not offer a quality product, especially for the prices they demand which is why their elliptical trainer ratings reflect how poor their machines are. Not only are the machines poor, but the selling price is unrealistic, especially when you can buy a better machine for the prices they say they need to be sold at. If you insist on buying a Horizon machine and want to completely ignore their poor elliptical trainer ratings, then it is highly recommended you try out their machines before you buy them.

By avoiding these machines and adhering to the elliptical trainer ratings associated with these products, you will be saving yourself a great deal of disappointment. Remember, these machines and manufacturers received poor elliptical trainer ratings for a reason. This does not mean the manufacturer is unreliable, it just means if they put more care and quality in these products then they would have received a better elliptical trainer rating.

## Trusted Vision Fitness Elliptical Trainer Reviews

There are many vision fitness elliptical trainer reviews out there, but you want vision fitness elliptical trainer reviews that you can trust. Not only will we provide you with some of the most reliable and trusted vision fitness elliptical trainer reviews, but we will also go over the great features that come with the vision fitness elliptical trainer.

The vision fitness elliptical trainer reviews for their two models the X1400 and X1500 are not good. These two machines were barely even acceptable and did not display features as they should have been which probably contributed the poor rating of the vision fitness elliptical trainer reviews, concerning these two models. Such problems were that the stride lengths were far too short compared to other elliptical trainers in its class. Also the LCD consoles were too basic for the amount of money that you are paying for these machines. The reviewers, who performed these vision fitness elliptical trainer reviews, were not wrong in thinking that these two machines could have been bettered improved for the type of money that was being asked for the machine. These were two machines that were recommended to be passed up.

Now before you start thinking negatively of the vision fitness elliptical trainer reviews, you must understand that there was positive feedback concerning other vision fitness elliptical trainer reviews. These were given to the X6100 and the X6200 HRT. These two models run much better than their previous models and they even have a twenty inch stride which is a big improvement from the other models. The X6200 really stands out, because it not only has a great warranty of lifetime brakes, three year parts and one year labor, but it also has programs that you yourself can customize any way you see fit, a nice wireless heart monitor, and some changeable footpads.

Now the X6600 HRT is a model that did not receive too much attention for vision fitness elliptical trainer reviews. However it is a commercial version that can be used for residential use and maybe that is why it has been overlooked so many times. Even though this machine weighs a great deal, you do get a home warranty of five years on parts and two years on labor. The best feature about the X6600 HRT is that it has four different heart programs and a separate panel for receiving heart rate information. The X6600 also has some very impressive footpads which move very nicely with your body. We are sure that if this model was closely looked at during the vision fitness elliptical trainer reviews, it would have received a great rating as well.

It should be noted that vision fitness elliptical trainer reviews that were positive made by Health Magazine concerning the X6100. The best vision fitness elliptical trainer reviews however, came from such sources as the LA Times, Smart Money Magazine and Consumers Digest. All of their vision fitness elliptical trainer reviews concerning the X6200 were positive feedback with no complaints. The only complaint that we have about the X6100 is that the LCD could have been a little better. However this does not take away from the machine or its performance. This has been a quick look at the vision fitness elliptical trainer reviews as well as giving some insight into the models themselves.

## Various Features of Precor Elliptical Trainers

The EFX Precor elliptical trainers are considered some of the best elliptical trainers. There are five different types of Precor elliptical trainers in the EFX series. These different EFX Precor elliptical trainers have various features. However some of the features on the different models of EFX Precor elliptical trainers can be found on all of the models. We will look at the common and different features that can be found on EFX Precor elliptical trainers.

Despite which one of the EFX Precor elliptical trainers that you select, all of them share a common theme that each machine will move harmoniously in alignment with your bodies natural movements. These machines are known for having lower impact than most Elliptical machines, which makes them very comfortable as you can exercise on them in a natural motion. Despite what type of the EFX Precor elliptical trainers you buy, all of them have this common feature, which makes even the cheapest EFX Precor elliptical trainer you select appealing.

Each one of the Precor elliptical trainers also has a electronic readout console. The only variations are the features as the higher end EFX Precor elliptical trainers have more readout features to work with than the lower end models. Despite the limited features of the consoles for the lower end EFX Precor elliptical trainers, the consoles are still a great feature. All of the EFX Precor elliptical trainers have the same basic readout displays such as calories burned, heart rate, strides per minute, time and much more.

Each one of the EFX Precor elliptical trainers has up to twenty resistance levels, however, the EFX 5.19 is the only one that does not have cross-training features. However the EFX 5.19 makes up for this as none of the other EFX Precor elliptical trainers do not have hill climb except for the EFX 5.33. This is a great feature that Precor made available for their lowest budgeted EFX machine that

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cannot be found on some of the higher end models. So a buyer can still enjoy this great feature on a budget, with buyers who are willing to spend more, must get the most expensive model of all of the EFX Precor elliptical trainers to enjoy this feature. This is a great idea that equalizes the different features, so that even people on a limited budget can enjoy benefits that are only found on the most expensive model of the EFX Precor elliptical trainers.

The EFX 5.23 is the only one out of all of the EFX Precor elliptical trainers that can target muscles. This feature cannot be found on any other of the Precor elliptical trainers which can make this model stand out for users who find this feature appealing.

All of the EFX Precor elliptical trainers have a great deal of similarities; however they also have their own specific features that make them stand out. One common theme that the EFX Precor elliptical trainers share, are that they offer great features for multiple types of users and they are backed up by a great warranty by a company with a great reputation.

## What Are Center Drive Elliptical Trainers?

You have heard about elliptical trainers; however you may not know what center drive elliptical trainers are. You do not want to confuse center drive elliptical trainers with the average elliptical machines on the market, because center drive elliptical trainers do have some differences that are superior to your standard elliptical machines. Any time you hear about center drive elliptical trainers, you must be wondering why they call them center drive elliptical trainers and not just elliptical trainers. The reason is, is that center drive elliptical trainers have a different technology that separates them from normal elliptical trainers. They use a center drive technology, which is where they get their names of center drive elliptical trainers from.

Now many people do not know about this new technology and how it changes how center drive elliptical trainers work and why they are regarded as superior to the everyday elliptical machine. Center drive technology helps users having better posture and even more comfort during their workouts which can only be found on center drive elliptical trainers. This is why center drive elliptical trainers make your workout feel more natural. Because of this technology, center drive elliptical trainers are even safer to use than regular elliptical trainers. The center drive technology makes the center drive elliptical trainers safer, because with better posture and having the machine move with your body's natural movements, this leaves very little room if any at all to cause any injury to your body. Elliptical machines that do not move with your bodies fluid movements create a higher risk of the user injuring themselves, which is why center drive elliptical trainers are especially good for older people as well as women who have a higher risk of injury while exercising on elliptical machines. The center drive technology is actually patented, which is why you will notice that Key Fitness, who is a highly dependable and respected brand on the market, is the only manufacturer providing this technology.

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Key fitness has a few great center drive elliptical trainers that you can find on the market. One is the Center G2. Keys Fitness offers some very great quality products which make their center drive elliptical trainer very appealing especially with their warranty. Their center drive elliptical trainer has a lifetime warranty on the frame, a three year warranty on the parts, as well as a one year warranty on labor.

Key Fitness also has a G3 which is another center drive elliptical trainers. The G3 offers a slightly better warranty as well as a few extra features such as a customizable stride length of seventeen inches up to twenty-one inches, versus a set twenty-one inch stride length. This feature on this center drive elliptical trainer can be useful for families or people who have multiple users with different stride length requirements, which will make their workout more enjoyable.

Another center drive elliptical trainer is the Iron Man CDT. This is an entry level center drive elliptical trainer, and has all of the great benefits of any iron man machine, but with the added bonus of being a center drive elliptical trainer which makes it more appealing then regular ironman Elliptical trainers.

Center drive elliptical trainers provide more comfort and a safer workout environment. The center drive elliptical trainers are great to look into and have many great features that can be found on regular elliptical machines. Remember that you can only find center drive elliptical trainers through Key Fitness since this is a patented technology.

## What Are The Benefits Of An Elliptical Trainer?

More than likely you have heard about an elliptical trainer. You know what they are, you know what an elliptical trainer looks like, but how exactly does an elliptical trainer benefit you? Many people can look at an elliptical trainer, but they really do not understand how an elliptical trainer can really benefit them. We will go over some key benefits of the many benefits that an elliptical trainer provides which will show you why they are becoming more popular than ever.

The biggest benefit of an Elliptical trainer is the time you can save by using this machine. There are many people who lead extremely busy lives and do not have a great deal of free time to spend exercising and keep their body in good health. With an Elliptical trainer, you can eliminate the need to not only go to a gym to work out, but it will also eliminate the time, money and effort to join a gym. This machine is very convenient to use and it provides a full body workout in less than thirty minutes. This is very good news to hear for someone that has a very limited amount of time to schedule into their busy day for working out.

Another key benefit of an Elliptical trainer is that they have very low impact and do not require any specific muscular skill. Low impact basically means that you have the lowest risk of obtaining an injury from using the machine for your workouts. This is very beneficial when you compare working out with weights and other fitness machines. An elliptical trainer also does not require you to perform strenuous positions or have strength requirements to use the machine. You can be on any muscular skill level and still reap the benefits of an elliptical trainer. This is what makes an elliptical trainer a versatile workout machine for all body types and age groups. You can have one Elliptical trainer in your home and it can be used by your entire household to maintain a strong fitness level for everyone in your home.

An elliptical trainer also provides cardiovascular and weight loss benefits. An Elliptical trainer is proven to strengthen your heart over continual use which reduces your chances for heart problems in the future. This can decrease your chances of such problems as a heart attack, heart disease and strokes for the future. In addition to maintaining a healthy heart, by continually using an elliptical trainer, you also increase your metabolism. By increasing your metabolism, you burn fat calories much quicker, thus preventing weight gain and promoting weight loss throughout your body. This will tone your muscles such as your back, arms, legs, and stomach.

An elliptical trainer can help you maintain a healthy body by using a simple routine that can fit different age groups and body types. It is no wonder that these machines are becoming very popular and are in high demand. An elliptical trainer has many benefits that will cater to any of us while also helping us lead healthier lives through daily exercise.

## **What Is So Great About The Proform Crossover Elliptical Trainer?**

Have you heard about the Proform crossover elliptical trainer? If not, then you may be wondering what is so great about the Proform crossover elliptical trainer? If you have heard about the Proform crossover elliptical trainer then you know there are a lot of great features that make the Proform crossover elliptical trainer not just a great elliptical machine, but also a cardio and strength training machine as well. We will go over some of the many features that the Proform crossover elliptical trainer and let you decide if it is as great as its manufacturers say it is.

The first thing that you may notice about the Proform crossover elliptical trainer, is that it is extremely compact, especially for all the ways that you can use the Proform crossover elliptical trainer. If you were to take a quick look at the Proform crossover elliptical trainer, you would not think that it has nine built in, ERC driven workouts. With the Proform crossover elliptical trainer, you can actually do over sixty-five total body exercises which is very amazing. The Proform crossover elliptical trainer is actual a two in one cross over system, which is like having two separate machines in one making the Proform crossover elliptical trainer very effective. Somehow, Proform managed to fit all of this into a amazingly compact design.

Another great feature on the Proform crossover elliptical trainer is that the built in LCD display is above average. Not only will it keep track of your time, calories burned and pace while you are using the Proform crossover elliptical trainer, but it will also keep track of your sets and repetitions. This makes the Proform crossover elliptical trainer have a great and convenient tracking system that is so far unchallenged.

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Another great feature that can be found on the Proform crossover elliptical trainer, is that the resistance level ranges from five to two-hundred-and-forty-pounds. That leaves room for the average person to the extreme athlete to be able to workout with a sufficient amount of weight. Another bonus to the weight resistance is that you can add and decrease the weight resistance by as little as one single pound. This feature alone rivals gym equipment that you usually have to jump from the average of five to ten pounds when you want to add or decrease more weight.

The Proform crossover elliptical trainer still has standard Elliptical trainer features such as a standard eighteen inch stride length, when the Proform crossover elliptical trainer is in elliptical mode. The Proform crossover elliptical trainer also has grip pulse heart rate sensors which is another added convenience to the Proform crossover elliptical trainer.

The only drawback of the Proform crossover elliptical trainer is the ninety day warranty, however the Proform crossover elliptical trainer is listed under one-thousand dollars, which is most likely why it comes with such a short warranty.

Overall, the Proform crossover elliptical trainer is a fairly well put together machine and has a lot of value for the price you pay.

## Who Makes The Best Elliptical Trainer?

There are so many elliptical machines on the market, but who really does make the best elliptical trainer? You may think that it is only a matter of preference and opinion of who makes the best elliptical trainer, however this is not the case.

There is actually a manufacturer who by far is rated in making the best elliptical trainer. They are known as Precor. If you have looked into Elliptical trainers, then you surely have heard of Precor machines, however you may be wondering why they are considered to make the best elliptical trainers. Precor has what they call the EFX series which vary in features but have one common thread to have them considered the best elliptical trainer.

One of the best features of an EFX and one of the reasons of why it is considered the best elliptical trainer is the ease of use. By having a machine that is easy to use, it makes your workout a lot more enjoyable, then wasting time trying to figure out what buttons to press and how to track your workout.

The impact of an elliptical trainer is normally low, however with the EFX, it maintains a even lower impact then most average elliptical trainers, which is another reason why this is rated the best elliptical trainer. Because of the extremely low impact that the EFX provides, your workouts on the machine seem easier then doing simple aerobic exercises even though you are working your body out just as hard. This adds a great benefit to users of the machine as they do not have to worry about feeling strained or fatigued. This can greatly assist newcomers who are trying to get into shape, into helping them build more mental confidence as well as dedication to using the machine to get their bodies into shape. This also encourages people to use the machine as it does not feel strenuous, but does provide a great workout at the same time. This low impact is not easily found on other elliptical machines, which is why this feature stands out

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on a EFX and is another great contribution as to why this machine is looked at as the best elliptical trainer.

Besides these great benefits that help make the EFX considered the best elliptical trainer, the EFX is backed up by a ten year warranty which is one of the best warranties offered for elliptical machines and goes beyond the standard warranty within its industry. This shows the quality and confidence that is put into the EFX which shows that Precor stands behind their products and is no surprise why they are considered as providing the best elliptical trainer.

For all of these reasons, you can see why Precor offers what is not only considered the best elliptical trainer, but also in providing the most superior machines that can not be rivaled by many. After being in business for over twenty-five years, it is no wonder why Precor achieves such a high reputation in providing the best elliptical trainer in the industry.

## Three of The Best Makers of Elliptical Trainers

You may be wondering, “What are the absolute best elliptical trainers that are on the market today?” Some of the best elliptical trainers come from the three most common names that you may be hearing about on the market. Precor, Sole and Smooth, so far are dominating the market and are providing some of the best elliptical trainers that money can buy. After hearing these names so frequently, it is no wonder that they are providing the best elliptical trainers.

Precor not only provides some of the best elliptical trainers but they also are one of the most respected manufacturers on the market. Their machines are considered among the best elliptical trainers because they not only have some of the best technology, but they also have some of the best quality parts used within the industry. They have some of the best quality construction as well as making sure that their machines have the best elliptical motion design. The elliptical motion design is very important as it will help you prevent injuries, as well as make your workout much more comfortable and enjoyable. Another reason why Precor provides some of the best elliptical trainers is due to their lifetime frame warranty, as well as a ten year warranty on parts and one year on service. This shows that Precor itself can and will stand behind their product, which lets consumers know that their company feels like they provide the best elliptical trainers, because they give you one of the best and longest warranties.

Smooth not only provides the best elliptical trainers, but also the highest rated ones. It is no wonder that Smooth actually sells the most equipment over the Internet than any other manufacturer which is a good indication as to why Smooth is considered to provide some of the best elliptical trainers on the market today. Smooth even has a patented adjustable foot pedal motion, which lets the user adjust their height. Their machines also have some of the highest weight capacities up to about three-hundred-and-twenty-five pounds. Another feature

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that can be found on Smooth machines is how the machine does not make any noise during your workout. Along with their great warranty and high customer satisfaction, it is no wonder that Smooth provides some of the best elliptical trainers and is a lead seller in the industry.

Sole is newer to the elliptical market than Precor or Smooth, however, they are providing some very top quality machines as well, which is why they have also joined the ranks of providing best elliptical trainers. Not only does Sole provide one of the best warranties within the industry, but they also have one of the largest stride lengths to be found on any machine. The average machine has a stride length between twelve and sixteen inches. However, Sole has a stride length of twenty inches, which is ideal for burning more calories as well as taller users. Their machines also cater to larger frames as they can hold people up to four hundred pounds.

These manufacturers provide some of the best elliptical trainers you can find. They are trusted and well respected names that you can buy from with confidence.