

HOME ELLIPTICAL MACHINES *on the Internet*

Elliptical machines are one more on a long list of new innovations designed for people who want to save as much time as they can and every which way they can. Elliptical machines are similar to step machines incorporated with moving handles, which move to exercise the arms at the same time as you work your legs.



With an elliptical machine you save a lot of time by giving more than one part of your body a workout at the same time.

You also get the extra bonus of saving money with an elliptical machine, as you do not have to buy two different machines, one for the legs and another one for the arms.

There are a many brands of elliptical machines available each incorporating different features and designs.

You need to look around a bit to find that ideal machine that has the features you desire.

Horizon manufactures some popular elliptical trainers that have a host of features including computerized exercise programs and heart rate monitors. But their models of elliptical machines are made with budget conscious people in mind and may prove to be not as durable and well built as their more expensive counterparts.

This disadvantage is offset by the extra features added to their machines including programs for various sports like golf. Their low cost is the biggest attraction of the elliptical trainers manufactured by this company and are well worth it if you cannot afford to buy a more expensive model.

Nordic Track is one of the industry's leading manufacturers of elliptical trainers. Their models are innovative and designed with the best available technology and help you get the most from your workout.

The Eclipse is a budget elliptical trainer from Nordic Track. It is a basic model but it gives you the benefits of the company's advanced technology and provides you with a good all-round workout. The Eclipse is a true value for money elliptical trainer.





Reebok too manufactures an excellent elliptical trainer machine that is a little more technologically advanced and costs a bit more than the Nordic Track.

The Precor is considered by many as the best elliptical trainer available in the market today.

Many sports physicians who specialize in treating sports injuries highly recommend the Precor EFX 546 model elliptical trainer.

This high quality exercise equipment is easy and convenient to use and can be adjusted to suit any size or surface. It is highly durable and dependable and designed to give you a better workout with the feeling that do not have to exert

as much energy as you would normally have to while using any other elliptical machine.

Choose well from among the many good elliptical machines available keeping in mind the features you are looking for as well as how much you can afford to pay for one.

You are sure to find an elliptical trainer that is perfect for you in all respects. Top 10 elliptical exercise for fast results

If you are having a tough time deciding which elliptical trainer is best for you in terms of budget as well as exercise, then here's a list, in no particular order, of the ten highest-rated elliptical cross trainers, which may of immense help to you.

1 – Precor EFX 546 is an exceptional workout machine. It is highly recommended by sports doctors though it is relatively high-priced at over \$5000.

2 – ProForm 900 has been rated best value for money by Prevention Magazine

3 – Precor EFX 5.17i has been rated most superior quality model by Prevention Magazine.

4 – NordicTrack CXT990 is a popular model manufactured by elliptical pioneer NordicTrack. This model is incorporated with more features as compared to any other elliptical exerciser.

5 – ProForm 800 CardioCross Trainer has been ranked “Champ” by Good Housekeeping because of the exceptional safety and comfort that it offers.

6 – Stamina Conversion II Elliptical/Stepper 55-2050 was rated first runner-up among elliptical exercisers by Good Housekeeping.

7 – Tunturi C6 was given a high ranking for ease of use and convenience after being tested by Which? Magazine.

8 – Vision Fitness X6200 HRTDA was also given a high ranking by Which? Magazine for its outstanding features as well as its suitability.

9 – Star Trac’s Natural Runner has received rave reviews for its ease of use as well as its custom workout features.

10 – Reebok Elliptical Cross-Trainer 6808 was ranked number one by Consumer Reports based on testing that was carried out. It comes at an affordable price of only \$500.

