

## Elliptical Crosstrainer Benefits

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Considering an elliptical trainer? Wondering how an elliptical trainer can benefit you?

This article will list several unique benefits of working out with an elliptical trainer. If you're trying to decide between an elliptical trainer and another piece of exercise equipment, here are some unique elliptical trainer benefits:

### ? No Impact:

Recently my 60-year-old mother tried my elliptical trainer and she was shocked at how easy it felt on her joints (she's a regular treadmill user).

Elliptical trainer workouts are safe on the joints and provide a no impact workout (as opposed to a treadmill where you feet hit the deck with every step). This is ideal for people with back, knee, hips and joint problems as well as older people looking for a no-impact workout.

### ? Weight Bearing Exercise:

While using an elliptical machine gives you a no-impact workout, the resistance exercise still helps to build bone density and fight off osteoporosis.

As well, weight-bearing exercise helps you burn calories much more efficiently (and keeps your calorie burn high for several hours after a workout)

### ? Saves Time

Because most elliptical trainers incorporate upper body arms, elliptical workouts tend to involve the whole body and give you an overall better workout - meaning you burn more calories in less time. That's always a benefit.

Elliptical trainers have also been proven to offer a lower 'Perceived Rate of Exertion' when working out. This means that you're doing more work and burning more calories while feeling like you put out less effort.

### ? Fights Boredom & Great For Crosstraining

Because elliptical trainers are a mix between the treadmill and a stair climber you have a great opportunity to cross-train.

I was actually shocked when, after using my elliptical for a month, I could easily climb a very steep hill that had almost wiped me out before. My fitness level had skyrocketed and I didn't even know it.

Plus, the fact that you can move backwards on an elliptical as well as download workout programs from the Internet (with iFit compatibility that many ellipticals offer), you won't get bored easily. That means more workouts and more calories burned!

### ? Space Efficient

Most elliptical trainers are smaller than a treadmill and can be more easily moved to clean or to store away when company is coming. If you are cramped for space or have a smaller home gym, an elliptical trainer can be a great way to save space while getting an overall body workout

So those are some of the most prevalent benefits of using an elliptical trainer. Keep in mind that elliptical trainers are not for everyone. However they do offer some great workout features that would benefit any athlete - from beginner to elite!

### **Short note about the author**

Kathryn O'Neill is the chief editor for Elliptical Trainer Review

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Author: Kathryn O'Neill

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