Elliptical Trainers

An elliptical trainer attempts to mimic the elliptical motion used in walking or running. The intensity can range from a slow walk to a fast sprint depending on your pace. It is a non-impact exercise because your feet never leave the pedals.

Use caution when you step onto the pedals because they move. Select your time, resistance, and program. Some models have moveable arms, adjustable ramps, and adjustable stride length.

Pedal forward as if you are walking or jogging. Fully extend your knees and shift your body weight very slightly from side to side on the downstroke. Choose a resistance, speed, and ramp incline (if available) that allow you to talk but not comfortably sing.

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