

SHOPPING FOR AN ELLIPTICAL TRAINER — It's all about the feel

Use this shopping guide to compare ellipticals and find the one that feels right for you.

Each elliptical will feel different to each user. As you try out various models, pay attention to the following characteristics to find the one that fits you best. Rate each one on a scale from 1 to 5 with 1 being poor and 5 being excellent.

	BRAND: <input type="text"/>					BRAND: <input type="text"/>					BRAND: <input type="text"/>				
	MODEL: <input type="text"/>					MODEL: <input type="text"/>					MODEL: <input type="text"/>				
	PRICE: <input type="text"/>					PRICE: <input type="text"/>					PRICE: <input type="text"/>				
	POOR		EXCELLENT			POOR		EXCELLENT			POOR		EXCELLENT		
STEP-ON HEIGHT Pedals placed low to the ground are easier to step on and off.	1	2	3	4	5	1	2	3	4	5	1	2	3	4	5
STRIDE LENGTH A longer stride length better mimics a natural jogging or walking motion.	1	2	3	4	5	1	2	3	4	5	1	2	3	4	5
BODY ALIGNMENT Body posture should be upright during a workout for maximum comfort and faster results.	1	2	3	4	5	1	2	3	4	5	1	2	3	4	5
FOOT PEDAL SPACING Pedals spaced close together will reduce stress on the hips and back.	1	2	3	4	5	1	2	3	4	5	1	2	3	4	5
HANDLEBAR POSITIONING The upper-body motion should feel natural without overextending your reach.	1	2	3	4	5	1	2	3	4	5	1	2	3	4	5
FLAT ELLIPSE SHAPE A longer, flatter foot path feels more natural than a high stepping motion.	1	2	3	4	5	1	2	3	4	5	1	2	3	4	5
SMOOTH MOMENTUM Look for a smooth, continuous motion with no "bounce" or sudden drop in the stride.	1	2	3	4	5	1	2	3	4	5	1	2	3	4	5
Other things to consider:	POOR		EXCELLENT			POOR		EXCELLENT			POOR		EXCELLENT		
PROGRAMS AND RESISTANCE RANGE Pre-set programs and a wide resistance range add variety to keep you motivated.	1	2	3	4	5	1	2	3	4	5	1	2	3	4	5
FEEDBACK DISPLAYS Well-lit displays make it easier to monitor workout feedback including time, speed, distance, and calories burned.	1	2	3	4	5	1	2	3	4	5	1	2	3	4	5
INCLINE OPTION A power incline multiplies workout options and targets lower-body muscles.	1	2	3	4	5	1	2	3	4	5	1	2	3	4	5
SPACE CONSIDERATIONS Some ellipticals may require extra head room or a larger footprint. Be sure to measure your space before you go shopping.	1	2	3	4	5	1	2	3	4	5	1	2	3	4	5
ADDITIONAL FEATURES Also consider if there are any additional amenities that are important to you, such as a water bottle holder, MP3 player input, headphones jack, speakers, or a built-in fan.															