

ELLIPTICAL WORKOUT

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Elliptical machines, also called cross trainers, are easy to use and can provide a workout appropriate for a beginner or someone already in good physical condition. These low-impact cardio machines allow you to work your arms and legs in a single workout and are an effective choice for an aerobic and toning workout.

FUNCTION

Elliptical trainers allow you to move your legs in a smooth oval motion. These machines combine the movements of a stair stepper and a cross-country ski machine to provide you with essential cardiovascular exercise. Your feet do not leave the pedals of the machine during your workout. Arm handles allow you to work your upper body as your feet move on the pedals. Elliptical trainers can move forward or backward to work different muscles in the lower body, according to the Mayo Clinic.

TYPES

The resistance on elliptical trainers can be adjusted to allow you to opt for a more challenging workout. Some elliptical or cross-training machines are motorized, while on others you control the speed with your movements. You can opt to warm up, then work at a consistent pace and resistance before cooling down or use the elliptical for interval training, working at a comfortable pace interspersed with short periods of intense exercise, recommends MyLifetime.com.

FUNCTION

The total number of calories burned in an elliptical workout depends upon your fitness level, age and weight, as well as the length and intensity of your workout. You can also improve your calorie burn by using your arms as well as your legs on the elliptical trainer. WomenFitness.net states that a 150 pound woman will typically burn 387 calories in a 30-minute elliptical training workout.

TIME FRAME

Thirty minutes on the elliptical trainer five days a week will provide you with the amount of exercise recommended by the U.S. Department of Health and Human Services. Make time for workouts on a regular schedule, and plan to use your elliptical on a regular schedule to improve your fitness and live a longer, healthier life.

BENEFITS

You might opt for an elliptical machine over a treadmill or stair stepper to protect your joints. Elliptical machines are gentler on your back, hips and knees than higher-impact forms of exercise. If you have orthopedic or other health concerns, speak with your health care provider about the appropriateness of elliptical workouts, recommends the American College of Sports Medicine.

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REFERENCES

- [Mayo Clinic: Exercise: How Much?](#)
- [American College of Sports Medicine: Elliptical Trainers](#)
- [MyLifetime: Best Elliptical Workout](#)
- [Women Fitness: Elliptical Trainer](#)
- [Mayo Clinic: Elliptical Machines](#)

Read more: <http://www.livestrong.com/article/453685-elliptical-workout/#ixzz2KE4zc8mp>