

THE BEST ELLIPTICAL WORKOUTS

Jun 14, 2011 | By [Jennifer Resultan](#)

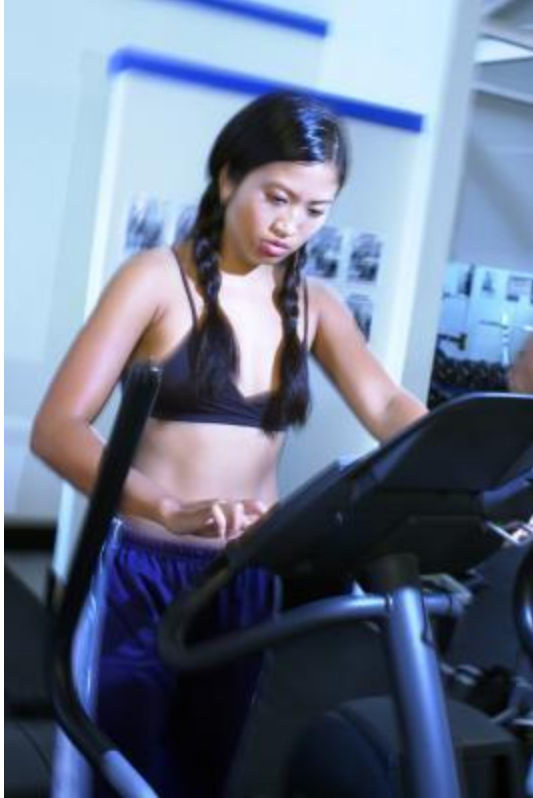


Photo Credit Thinkstock/Comstock/Getty Images

Elliptical trainers provide an efficient cardiovascular workout with little stress on your joints and muscles. Although you remain in a stationary position, most machines have pre-programmed workouts that you can choose to suit your fitness goals. Engaging in a variety of workouts also challenges your muscles to work differently, so your conditioning does not plateau.

HILLS

Climbing uphill is a challenging cardio routine, and many ellipticals have this option. An uphill climb is designed to increase your heart rate quickly and strengthen your lower body. The uphill workout involves you working at a slower pace, but there is more resistance than with other workouts. This is an intense program, so aim to complete 15 to 20 minutes.

INTERVAL TRAINING

According to MayoClinic.com, interval-training programs are shorter, have a greater intensity and burn more calories than most elliptical workouts. They combine short bursts of high-intensity exercise with periods of rest. Aim for two minutes at a high intensity, followed by two minutes at a lower intensity, for at least 20 minutes. Interval training is one of the most effective ways to get in shape fast and burn a lot of calories.

INCLINE

The incline option on the elliptical machine helps you determine intensity. Most elliptical machines have a ramp so you can target various muscle groups while burning fat. Work at a medium effort for five minutes,

then gradually raise the incline one notch every five minutes after that. Aim for 20 to 30 minutes working on an incline.

ENDURANCE

The endurance option on elliptical machines promotes slower, lengthier workouts. According to the IDEA Health and Fitness Association, this is best for fat burning and building stamina. Endurance workouts last for 45 to 60 minutes and will burn your body's glycogen reserves first, then fat reserves to fuel the workout. Aim for a minimum of 45 to 60 minutes for the endurance workout.

REFERENCES

- [MayoClinic.com: Interval training: Can it boost your calorie-burning power?](#)
- [Club Industry: Pilates, Ellipticals Have Highest Growth](#)
- [IDEA Health and Fitness Association: Treadmill Versus Elliptical Machine](#)

Read more: <http://www.livestrong.com/article/331017-the-best-elliptical-workouts/#ixzz2KE6iYJlx>