Article published on May 5th 2012 | Fitness

Elliptical trainers are one of the hottest pieces of fitness equipment on the market today. However, many people are confused about what exactly they should look for in an elliptical when shopping for one. These machines can be pricey, so it is good to know what you are paying for, and just exactly which extras are necessary and which ones you simply do not need.

First, before you even go to an actual fitness equipment store, do you research online and know your price range. You can purchase these machines online, but it is often a good idea to at least go try them out in a showroom even if you do not buy it there. Make sure you like the way the machine feels under your feet, and make sure you are happy with the settings and programs it has to offer. Often the ones you use in a gym or health club are top of the line, which means they are usually out of the price range of those who casually workout at home.

When it comes to price though, it is true that more expensive elliptical trainers are normally higher in quality. You do get what you pay for. A good, quality home unit will cost around $1,000 dollars, but there are ways to buy higher quality machines at lower prices. For example, you can purchase a refurbished model at a lower price. These refurbished machines may have come from a gym, or may have been sent back to the manufacturer from someone who used it only at home. You might want to look at fitness resale shops, too, as you can often find higher end machines here at a third of the retail prices.

There are two types of drivesâ€"front and rear drives, but rear drives give a smoother workout for the user. Rear wheel drives are less complex and less prone to problems. There are also two types of resistanceâ€"magnetic and belt. Magnetic resistance is found in higher end equipment, offering a smoother workout for the user and actually keeps the belts working better, longer.

Another important component of an elliptical is stride length. For those with longer legs, this is an essential. Lower end machines do not offer the ability to change stride lengths, but higher end machines will allow the user to change the stride length from 16 to 26 inches.

Another option that is available on most units is arms. The handles are there for extra workâ€"you can tone your arms and burn additional calories by engaging the arms. This may be an option that you do not feel is necessary. In addition, elliptical trainers offer a variety of programs, and these vary from machine to machine. Make sure to check out what is available and make sure you find programs you will find challenging, such as the ability to change the incline and resistance levels or programs devoted to fat burn or hill climbs.

And lastly, a warranty is also very important. Choose an elliptical that comes with a great warranty, and make sure you know what it covers.

Article Source:
http://www.articleside.com/fitness-articles/elliptical-training-how-to-burn-more-calories-using-an-elliptical.htm - Article Side

NinaCook - About Author:

Get More Information about exercise equipment Click on a elliptical | a fitness equipment

Article Keywords:
elliptical,elliptical machine,ellipticals,elliptical trainer,elliptical machines,exercise equipment,fitness equipment,gym equipment,exercise bike,home

You can find more free articles on Article Side. Sign up today and share your knowledge to the community! It is completely FREE!