

Elliptical

Buy
TODAY

How they work

These machines work as both an upper and lower body workout tool. It targets the quadriceps, hamstrings, calves, and hip flexors in the lower body. In the upper body, it focuses on the deltoids, biceps, and triceps. This is all while bringing the individual through cardio.

Cost: These cost between \$1,000 - \$2,000 for a high quality machine. These are available at your local gym, which the gym membership ranges from 10 - \$25 a month.



<https://www.amazon.com/SOLE-Fitness-E35-Elliptical-Machine/dp/B0090X08JG>

Benefits

By bringing the individual through cardio with little to no impact on the joints, you get the same benefits as running on the street or a treadmill, without the disadvantages. This allows those who cannot run due to weight or age to be able to complete the same amount of cardio.

Alternatives

There are various different types of ellipticals, but there are other similar machines as well such as the treadmill and the bicycle.



<https://www.fitnessverve.com/best-elliptical-trainer/>