



### THINGS TO CONSIDER...

#### *When researching manufacturers*

- How long has the company been in business?
- Is there a history of satisfied customers and after sales service?
- Are there any product reviews and awards and are they from a reputable source? What are the reviewer's credentials and are they experienced in the fitness field? Are they doing the review "honestly" or are they making money from their "top picks"?

#### *When considering places to buy?*

- Do they offer you all the products and services you require?
- Specialty stores usually offer a wider range of quality equipment and have experienced sales/service staff who can help find the right product for your needs and assist you with any problems throughout the life of the unit.
- Research customer feedback and look for referrals, review the BBB. How will you be taken care of if the company selling you the equipment suddenly goes out of business?
- Is the delivery and/or service completed "in-house" or is it outsourced? If it is outsourced, find out more info about the company (Name, experience with manufacturer etc.).

#### *When trying the equipment?*

- Bring your running shoes and be ready to test each unit in the store exactly how you intend to use it in the home. You'll be amazed how easy it is to tell the difference between models once you are trying them.
- Where has the manufacturer invested their dollars? Everything costs money so does the unit feel solid and comfortable or has more money been invested into gadgets, like fans, speakers etc.
- What is the product warranty? It is a true sign of the manufacturer's faith in their product.
- Look at how safe and easy the unit is to get on and off. Do you have to step up on plastic that is likely to break over time or do you have to step over pedals in an uncomfortable or difficult way? Front drive ellipticals are designed to be easier to access than rear drive ellipticals so check to see if this is an advantage for you.
- Ensure the pedal spacing is comfortable for you. Check how far apart your feet are during your natural walking/jogging motion, which an elliptical is designed to simulate, and be sure the elliptical's pedals offer the ability for you to position your feet in their natural position. Pedals that force your feet to be too wide and therefore misalign the lower body can cause stress on ligaments in the knees and on the hips. Try to use the elliptical in front of a mirror or have a shopping partner watch your motion as you use the elliptical. If it looks or feels unnatural, it could lead to joint issues down the road.
- Is the elliptical nice and easy for you to start pedaling when at Level 1? It is important that the system is not too difficult to get going. Next, raise your speed to 45rpm and adjust the level of resistance until you feel like your Heart Rate is rising to your desired level. Is there good inertia at this setting? It should feel nice and smooth.
- Understand what makes a quality Resistance System. A **Manual Brake** is inexpensive but limits programming options and may require replacement of brake pads regularly. **Magnetic Resistance** that relies on a servo-motor is common but does not have the quiet operation, wide resistance range, ability to quickly change resistance and durability due to no moving parts like an **Electromagnetic Braking System** does.
- Don't fall for the "maintenance-free" story. Everything wears out. Some maintenance saves you money. Has the equipment been designed to make it easy for you to perform preventative maintenance?
- Is programming included that makes it easier to achieve your fitness goals? (e.g. Heart Rate Training) Does it progress with you as your fitness and abilities improve?
- Does the elliptical allow you to workout in different ways and target different muscles? (e.g. Multi-Directional and Multi-Positional Training Options, Strength Training etc.)



Healthier Living

# ELLIPTICAL BUYING GUIDE



## ELLIPTICAL SHOPPING CHECKLIST...

	Elliptical 1	Elliptical 2	Elliptical 3
Manufacturer and Model #			
Quality of Manufacturing – Fit and Finish			
Accessibility			
Footpad Comfort			
Pedal Spacing			
Stride Length			
Comfort & Feel at Low Speed			
Comfort & Feel at High Speed			
Noise Level			
Ergonomics – Does it feel natural?			
Resistance System			
Upper Body Workout (Arms)			
Multi-Directional/Positional workouts			
Safety Features			
Programming Range (HRT Options etc.)			
Advanced Programming (Target Goals & Anaerobic Training)			
Entertainment Features			
Warranty			
Overall Value			
Other Comments – Concerns etc.			