



...Guide to Buying Cross Trainers

Our Guide To Buying Elliptical Cross Trainers

If you're confused about how to pick your ideal Elliptical (also known as Cross Trainer) then read on – our advice is completely impartial. Remember, you can call us if you're not sure what is right for you.

Click the following link to take a look at the cross trainers that we highly recommend. Look out for the "More Information/Product Review" button which will tell you all you need to know about the machine:

http://www.inspire-fitness.co.uk/categories/recommended_cross_trainers.php

For general advice about how to choose a treadmill then take a look at the following points.

How tall are you?

You need to think about your stride length and make sure that the elliptical is suitable. The stride length is shown in the information box for each elliptical that we stock.

How heavy are you?

The weight limits for ellipticals vary by brand and model. You need to make sure that you find an elliptical that is compatible with your current weight.

What features do you want?

Most ellipticals have a variety of features and functions – programs, resistance levels, quick keys, heart monitor facilities and so on. Be realistic about which facilities you really want in your elliptical and consider how easy you'll find it to operate. We've included pictures of the consoles of all of the ellipticals that we stock along with a breakdown of the features so that you'll get an idea of how easy or complex each machine is to operate and what it can do.

Front or Rear Driven?

Some ellipticals are driven from the front and others from the rear – take a look at the pictures and you'll see the difference. Essentially, both front and rear ellipticals work in the same way but you'll get a different feel when using them. If you're used to using a particular type then we'd recommend that you pick an elliptical that works in the same way. If not, then either front or rear driven will be suitable.

Where will the Elliptical be situated in your home?

Ellipticals can be heavy! The weights of ellipticals vary between approximately 40kg and 70kg – a typical washing machine weighs about 80kg to give you a comparison. You need to think about where the elliptical will be located – if it's upstairs then you need to consider how you'll get it there. It's definitely a two person job to install an elliptical in an upstairs room so you'll require a willing friend or relative to help. You also might want to consider only those ellipticals that are delivered in kit form so that you can carry the individual parts upstairs and build the machine in the room that it's to be used.

We've installed different ellipticals in lots of different rooms – upstairs and downstairs – so please call us for an honest opinion about the location of your proposed elliptical. If we don't think that it's feasible, then we'll tell you.

Inspire Fitness

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Will you want to move the elliptical when it's not in use?

Some of the ellipticals that we stock can be folded when not in use and can be moved out of the way, others don't fold at all. You need to consider where you will be storing the elliptical and check the dimensions, including folded dimensions where appropriate, before making your final choice. All of the ellipticals have wheels and can be moved with relative ease.

Building your elliptical

All ellipticals come "flat-packed" to some degree, with some machines being easier to construct than others. Be honest with yourself – if you struggle putting a bathroom cabinet together then you might be better with an elliptical that requires the minimum of construction. If on the other hand you're a wizard with a spanner then you won't have a problem with any of the equipment in our store. We are constantly building different ellipticals, so please give us a call if you're not sure which elliptical is the right one for you.

We hope that this guide has helped you to decide which elliptical is suitable for your needs. Remember that help is only a phone call away if you need any further advice.

Inspire Fitness

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