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Weekly Fit Tip

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QUIT RUNNING IN CIRCLES ON THE ELLIPTICAL CROSS-TRAINER
Spice up a Favorite Workout with Some Minor Adjustments

Call us creatures of habit or people who play favorites, but most of us have “go-to equipment and exercises” we turn to almost every time we hit the gym (calling machine number 2 in front of the flat screen). Having a routine that keeps us moving is great, but sometimes that regular program isn’t pushing our bodies like it did when we first started. In fact, repeating the same exercise for too long can put us on an exercise plateau.

Elliptical cross-trainers are often a gym-lovers favorite because they offer a great cardio workout without the impact on knees and joints. The experts at Life Fitness have some suggestions on how we can reach our fitness destination when an elliptical cross-trainer is the exercise of choice.

- **Bun burner:** Most days we’re striding forward, which means that our quads are often more developed and defined than the back of our lower body, the glutes. To activate the glute muscle more while on the elliptical, drop your hips and steady the body in a lower, more stable position, then pedal backwards pressing the heel through the rotation for much of the workout.
- **Up Tempo:** A tempo workout pushes your body to its limits, comfortably. For beginners this means aiming to get the heart rate to 75 percent of its maximum. The more aerobically fit should aim for 80 to 85 percent their max. To really get your heart pumping, try increasing the resistance on the machine. Plan to do this tempo workout continuously for about 15 to 20 minutes or as short five-minute segments with one-minute recovery periods.
- **Well Timed:** Cruising along for 60 minutes is an achievement, but if we’re honest, it’s a boring one. Break down your workouts into shorter segments to maintain focus and intensity. Try this by shifting focus every two to three minutes from striding forward to striding backward, pushing and then pulling with the arms, or squatting through the stride. Changing resistance and speed throughout the exercise will also keep the mind and body guessing.

Fit Tips are provided by Life Fitness, the leader in designing and manufacturing high-quality exercise equipment for fitness facilities and homes worldwide. For more information Fit Tips and other fitness advice and expertise visit www.lifefitness.com or follow us on Twitter at www.twitter.com/LifeFitness.