



## **A Guide to Buying Home Cardiovascular Equipment**

Genie Complete offers numerous effective programs for treating conditions such as slimming, toning, cellulite, detox and non-surgical face lifting. As the machine promotes passive exercise it doesn't have an effect on the cardiovascular system. It is therefore beneficial to embark on some form of cardio training, whether it is a brisk walk on a daily basis, hill walking, dancing for fun or additional gym work. If you would like to consider equipment for use at home, this article will guide you in the right direction to making a sensible purchase.

Cardiovascular equipment is a fantastic investment for anyone interested in getting or staying in shape. With their ever-increasing popularity, cardio machines for the home now are available with a broad array of features and at a wide range of prices, and each type of equipment offers its own distinct workout.

While that means there are machines suited to almost everyone, it also means determining what to buy can be a challenge.

### **Know Your Needs – And Where to Shop**

But before poring over the technical specifications for every machine on the market, fitness goals, exercise interests and budget must be understood. Consider what type of exercise will keep the user motivated day in and day out. Treadmills provide great cardiovascular workouts, but people who don't particularly like to run might do better to choose a Lifecycle or another type of machine.

Determining a budget also is an important part of the equation. Low-priced versions of every kind of cardiovascular equipment exist, but cheaper machines are almost never as durable or sturdy as higher-end machines. Purchasing home equipment should be considered an investment, and a well-made product from a reputable manufacturer, properly cared for, should last years to come. In addition, knowing how much floor space can be dedicated to the machine is crucial.

Shopping at specialty fitness retailers is recommended not only because they generally offer a better selection of high-quality equipment than general sporting goods stores, but also because specialty retailers usually have knowledgeable fitness professionals who understand and can explain equipment features and functionality.

When deciding among equipment manufacturers, consider the companies' reputations and choose one that is known for building durable and reliable equipment. The better-known brands typically produce the equipment that lasts the longest with the fewest technical problems. Buyers also should consider manufacturers' warranties and the quality of customer service they offer.



#### **Four to Consider**

The four major kinds of cardio equipment are treadmills, stationary bikes, elliptical machines and stair climbers.

**Treadmills** are the most widely used type of cardio equipment. They're appropriate for beginning exercisers and elite athletes alike. Almost any novice can begin a cardio workout regimen by walking at a moderate pace; more experienced exercisers can choose faster paces and, by increasing the incline, simulate hill training. Although walking, jogging and running are second nature to most people, the stress on knees, ankles and hips from treadmill exercise can be difficult for some bodies. In those cases, machines that provide less impact on the joints may be a better choice.

That's one reason **stationary bikes** are the next most popular type of equipment. Like treadmills, bikes also are easy for beginners, and they typically are the least expensive and most space-efficient cardio machines. Because many stationary bikes are self-powered and don't require an electrical connection, it's usually easy to find a place to use them. In addition to traditional upright bikes, many manufacturers also offer recumbent bicycles. Recumbents can be more comfortable than uprights for some people because recumbent riding puts less strain on the back. This makes them ideal for exercisers with back problems.

**Elliptical machines**, sometimes called cross-trainers, also minimize stress on joints. These units are similar to cross-country ski machines, but their pedals move in an elliptical motion, rather than simply forward and back. They have sparked huge interest among exercisers because, unlike treadmills and bikes, many elliptical machines can provide a total-body workout with less perceived exertion.

The final major type of cardio equipment is **stair climbers**. Along with elliptical trainers, stair climbers are generally perceived to be the toughest for beginners. But stair climbers are available with dependent (feet pedals move in sync with each other) and independent (feet pedals move independently of each other) stepping motion. Novices may have an easier time with dependent-motion machines because stepping on one pedal automatically causes the other to go up. On independent climbers, both pedals respond directly to downward pressure exerted by the user, which advanced exercisers may prefer.

#### **How Technology Plays an Important Role**

Most cardiovascular equipment features technology that allows exercisers to easily track data, such as workout time, distance traveled and average speed, which can help exercisers and trainers monitor progress from session to session. More advanced machines also let users monitor their heart rates, which allows them to workout at the correct intensity level for the most effective exercise. Exercising too hard can cause injury and exhaustion; working out not hard enough may not produce the desired result.



No matter which machine (or machines) they use, it is easy for exercisers to become bored with the same workout every day. What's more, performing the same exercise regimen over and over can lead to exercise plateaus that can decrease results. But technology also can help keep exercisers motivated and add variety to workouts through programs and resistance levels.

### **The Bottom Line**

Even top-of-the-line machines with all the technology available won't be worth the price if the equipment doesn't fit the exerciser's needs. So before purchasing a treadmill, exercise bike, elliptical trainer or stair climber, doing a little homework is a good idea. Exercisers should find equipment that can withstand regular use, feels comfortable and offers features that will help keep them motivated to work out safely and effectively for years to come.