

What to look for in a stepper



Features to look for:

1 The pedal movement should be smooth, free of any hesitation and quiet while in use. The machine should also be sturdy and stable.

2 The pedal stride (or movement) should allow for a comfortable and unrestricted amount of leg movement for a wide range of users. The handle bars should also be in a comfortable position and offer various gripping positions.

3 Dependent steppers offer synchronized pedals which require the user to push with each foot. Independent steppers require the user to push as well as lift each foot separately since each pedal moves independently from each other. This allows the user to work more muscle and therefore burn more calories.



STAIRMASTER
PT 4200
STEPPER

4 Changing the resistance should be very easy, especially if the unit uses adjustable shocks. Most quality shock steppers require only a dial turn to change from a slow calorie burning pace to a high intensity cardiovascular workout.

5 Machines which use magnetic resistance generally offer various preset courses or programs. These programs should include a manual course, as well as a variety of 'hill' courses which are very popular because they add extra motivation to keep you coming back for more.

6 The display should be easy to operate and large enough to see clearly while exercising. Speed, steps per minute, distance, time, heart rate, calories burned and floors climbed should be displayed.

Stairclimbing machines or steppers are a great cardiovascular and fat burning workout. There are two types of steppers: 'Dependent' action steppers synchronize the left and right pedals using a rope or cable; 'Independent' action steppers require the user to lift and push each foot separately. All steppers will allow for changes in the resistance. Some of the different types of resistance include steppers with adjustable shock (or piston) tension while others use electromagnetic resistance.

Other features to look for:

- Steppers that offer programs may also offer interactive heart rate monitors or programs which can be customized by the user. Both of these features are excellent for improving the effectiveness of these machines.
- Wheels assist in moving the unit around when required.

Optional accessories:

- Heart rate monitors
- Water bottles
- Reading racks
- Bottle holders
- Hand weights
- Rubber matting

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