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Looking To Buy Home Exercise Equipment?

By Ray Hudson

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Looking to buy Home exercise equipment? Here is how to choose between two of the best selling ones: treadmills and ellipticals

Both elliptical trainers and treadmills are two of the most popular home fitness equipment. They are excellent tools for getting an aerobic workout indoors. In fact, When you compare ellipticals vs treadmill, you will quickly realize that treadmills have been around much longer whereas elliptical machines have only come to the party fairly recently. As a result, treadmills are wider known and more commonplace. However, a quick trip to your local gym will show that there are almost as many ellipticals these days as there are treadmills. There is a good reason for that.

A quick comparison:

When you compare treadmills to elliptical trainers, you can't help but notice how impact free the elliptical machine is.

With the elliptical trainer, there is no impact on the ground, so the joints in your lower body are free from any abuse. Although the treadmill mat is better for your knees than cement, there is still a significant amount of impact on your joints.

One obvious point that is in favor of treadmills is that it provides a better training experience for a dedicated runner/jogger than an elliptical trainer. If you are training for a marathon or even a 10k, and you don't want to go outdoors too often during the months, you are certainly better off with a quality treadmill.

That being said, if you are looking for a quality aerobic workout with the maximum amount of efficiency, you will not be able to overlook the elliptical trainer. Most ellipticals give you a total body workout if you have dual action handlebars for your arms and foot pedals for your legs, whereas treadmills focus

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more on your lower body as they simulate the jogging experience.

What is even more interesting, according to recent studies, is that the lack of impact on the joints allows the user to burn roughly the same amount of calories as treadmills with the impression of putting CONSIDERABLY less effort.

Therefore, it comes as no surprise that ellipticals have been the machine of choice for senior citizens with knee problems, as well as physical trainers who are involved in rehabilitating their clients.

This is what Thomas Altena, an exercise physiologist at the University of Missouri–Columbia, had to say: "The physiological responses associated with elliptical exercises were nearly identical to treadmill exercises." He went on to conclude that "both exercise machines are effective for increasing the amount of calories burned and for producing cardio respiratory health and training benefits..."

Finally, one feature which is often overlooked about elliptical trainers is the ability to add variety to your aerobic workout. Whenever anyone is on an exercise plan, one of the biggest challenges he faces is to stay motivated and interested in his workouts. With the treadmill, the ability to change the incline, as well as the intensity are big pluses, which has contributed to its popularity over the last decade.

The elliptical trainer matches these features and has a few additional ones of its own.

First, we spoke earlier of the dual action handlebars. Well as an exerciser, in addition to changing the cross ramp incline (which is available in Precor models,

) as well as varying the intensity,

you also have the option to not use the handlebar and ONLY focus on your lower body.

Although this option is not used often, it DOES add variety to your workout. Also, you can vary the intensity in more ways. You can increase the speed of you motion with or without changing the difficulty level of the stride. With treadmills you have to manually change the speed level to increase your speed.

However, the most critical feature, and what separates the elliptical trainer from many other exercise machines when it comes to variety, is the forward and reversible feature on the foot pedals. When you are going forward, you feel like a cross country skier hitting the long slopes. However, when you reverse your pedal motion, you can target your lower body in a completely different way. Without question, you are targeting your quadricep muscles and will soon feel them burn after a few minutes.

Although it is too early to state that elliptical machines will dethrone the treadmill as the exercise equipment of choice, you can bet that they will give them a good run for their money. If you look at all the health clubs and rehab clinics, you will soon realize that elliptical trainers are more than just a fad and are here to stay.

Ray Hudson is the chief editor for

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, a consumer oriented site

that focuses exclusively on elliptical trainers. You get unbiased reviews on top elliptical brands including Smooth (

),

Proform, (

) and many others.

The site also features tips on budgeting for scuba equipment (

) as well as a scuba gear checklist (

).

Here's To Better Golf Exercise

By The Sports HQ

There is a lot of golf equipment to help you in your exercise program. You've got weights, rubber tubing, and so on.

But what exactly is "proper" golf equipment, designed specifically for exercise? This is the question that almost every new golfer has. We all know that exercise is good for you. It keeps you in shape to face life's daily challenges. And with today's fast-paced lifestyle, we all could do with some stamina and endurance.

Golf is no exception. That golf game may look slow. In reality however, it can take its toll on someone who isn't prepared to face up to the challenge. Mental preparation helps you think faster. This is likewise important since you have to do a lot of calculation and strategising at each hole. It's basically trying to figure out how to make as few stops as possible on the way to the hole — some 300 or so yards away.

Physical preparation on the other hand, helps one avoid injury during those "back breaking swings". This can actually become a reality if you're not prepared. Getting enough exercise can likewise give you better game results. And this is something every golfer wants.

Here is a word of advice when choosing proper golf equipment — choose what suits you best. And exercise golf equipment likewise follows this "rule". Why? Quite simple really: it should be able to bring out the best in your game. Here are some examples:

Take the hand weights or "dumbbells" for instance. They may look simple. They are lightweight – 5 to 8 pounds of metal. But looks can be deceiving. These seemingly simple pieces of golf equipment can

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actually do a lot for your golf game. They can actually aid you with up to 12 golf specific exercise routines. And these are for various core regions. Fantastic!

Rubber tubing can likewise aid you with so many types of golf related physical exercises. From the simple to the complex. What's more, just like those dumbbells, they are inexpensive, lightweight, and portable. You can practically take your "exercise program" with you — literally.

Then there are the balls. These are the weighted medicine balls and stability balls. For those who aren't sure of their differences, the medicine balls are pretty much your tennis ball sized round objects. They are a bit heavier though. These are fantastic for developing those forearm muscles. The stability ball on the other hand, is that beach ball-like round thing used to develop stability, balance and overall fitness. And just like other exercise golf equipment, they can be taken anywhere and used anytime.

So know what type of exercise golf equipment your body needs. Doing so will definitely help you get that near-perfect game.

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