

Cardio Equipment 101

Whether it's pouring rain outside or you're just looking to mix it up, the gym has an alternative way to get your cardio in. Here's an intro to 5 machines that will get your heart rate up!

Treadmill

Use for: Walking, running, jogging

How it works: A belt runs in the opposite direction of how you are moving.

Tip for use: Don't hold on to the handles! Start at a lower speed and increase until you reach a comfortable pace. If there's a safety clip, use it!



General tip: Many machines will have exercise programs built in. Using them will help you get more benefits from your exercise!

Stationary Bike

Use for: Low impact cardio

How it works: It's basically riding a bike, except you can add more or less resistance at any time. Some models will have programs that do it for you!

Tip for use: Posture, posture, posture! Consider using a different machine if you spend most of your workday sitting.



Elliptical Trainer

Use for: Low impact cardio

How it works: You push against alternating foot pedals to mimic a running motion. Some models come with handles to include arm movement as well.

Tip for use: This machine is good if you're suffering from joint pain. Remember to maintain good posture while working the pedals!

Rowing Machine

Use for: Upper body cardio

How it works: The intensity of exercise depends on you. The faster you go, the more intense your cardio workout will be!

Tip for use: Use your entire torso, not just your arms to move the lever. Remember that this machine is meant for cardio, not resistance training, so maintain an even pace when pulling!



Stair Climber

Use for: Full-body workout

How it works: Similar to climbing up stairs, except you're pushing the stairs down.

Tip for use: Avoid holding yourself up using the handles by gripping them securely, but not too hard! Incorporate it into an interval-training routine.

