



Champion Elliptical

Why exercise on a elliptical?

Ellipticals are the fastest growing segment of exercise equipment on the market today, providing a high intensity but low impact workout. The stand up position on an elliptical ensures your heart and core muscles stay involved. In addition, many of the elliptical machines, including all those offered by Champion, provide a full body workout involving both upper and lower body muscles for maximum caloric burn. As a low impact machine, the elliptical is ideal for those who may have joint or other mobility concerns. Ellipticals are excellent cross training workouts especially after running or walking.

The primary benefits of owning a home elliptical trainer;

- you have easy and convenient access to one of the most popular pieces of gym equipment on the market, and
- the varying levels of resistance and variety of program profiles allows you to design a challenging workout regardless of your ability.

The Champion C44F Elliptical

Champion offers two styles of ellipticals both with a variety of programs and resistance levels to deliver an exceptional workout. The most advanced style is our C44F Elliptical.

- offers a variety of programming options including 9 program profiles, 4 heart rate programs, 4 user defined programs, 1 constant heart rate program and a fitness test program
- 16 levels of resistance ensure a challenging and versatile workout
- advanced technology for tracking your progress through a blue backlit LCD display and grip heart rate; BMI/Body Fat readings also available. Connect to your iPod or television with built-in speakers.
- articulating footplate and computer ensures you maintain a comfortable stance
- MSRP \$899

Getting Started

As with any fitness program, you need to first identify your fitness goals whether that is losing weight, building strength or gaining endurance. You also need to understand how you like to exercise – if your workout is built on what you enjoy doing, you will be more likely to stick with it. For example, the full body workout of an elliptical is ideal for building strength and endurance.

As a general rule, you should start your program with some resistance gradually building to higher level before you should be concerned about speed or distance. The least effective workout on an elliptical is higher RPM's with little to no resistance. In order for your whole body to be involved, resistance is key. Finally, keep track of your progress and set mini-goals each week to keep your workout fresh and challenging.

Maximizing Your Elliptical Workout

The elliptical is one of the best pieces of home exercise equipment because of the full body workout and the ability to vary your intensity by increasing and decreasing the levels of resistance. For the maximum caloric burn, your upper body must work as hard as the lower body. Increasing the levels of resistance at different points during your workout will help create a high-intensity, interval experience. Look for settings that challenge you or use the user defined program profiles to create the workout best suited to your ability.