

# STAIRMASTER TIPS

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A StairMaster, also known as a stepmill, is a cardiovascular training machine that has a revolving stair case that you continually walk on. If you are looking to tone your butt, thighs and hips while simultaneously burning calories, then the StairMaster is sure to please.

## **WARM-UP**

Before stepping onto the StairMaster, loosen up your body with five minutes of dynamic stretching. These stretches are done in motion and they acclimate your body to the movement you are about to do. Side bends, shoulder circles, arm crossovers, leg swings, alternating toe touches and walking lunges are examples.

## **CONTROL PANEL**

When using a StairMaster, find out how to start it, turn it off and adjust the speed so you are well informed of how to use it when exercising. Look for a kill switch toggle as well. This gets clipped to your clothes and in the event you should happen to fall off, the machine would shut off.

## **CLOTHING**

Tight fitting, heavy clothing can limit your range of motion and make you extremely hot when using the StairMaster. Dress in light, breathable gear that allows to freely move your arms and legs.

## **POSTURE**

Exercising with bad form might burn some calories, but it can also create muscle imbalances and prevent you from getting an adequate workout. When using the StairMaster, keep your back straight, shoulders

back and look straight ahead the whole time you are stepping. Although there are handrails, do not lean on them or place undue pressure on them. Allow your legs to do all the work and lightly grasp the handles to maintain your balance.

## **TIME**

According to the American College of Sports Medicine, 30 minutes of cardio a day, five days a week can help maintain health and reduce the risk for chronic disease and 60 to 90 minutes can help promote weight loss. Align your personal goals to these guidelines when using the StairMaster. If you are already in decent shape and just want to reap the health benefits, then err to the lower end. If you have several pounds to lose, then opt for the longer training period. In both cases, stick with the program for an extended period of time. If you do not stay consistent, your results will suffer.

## **HYDRATION**

Whenever you exercise, your core temperature increases and your body sweats to cool down. During a StairMaster workout, it is inevitable that you will sweat, especially if you are in a hot, stuffy gym. To keep your body well hydrated, make sure to drink plenty of water before, during and after your workouts.

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## **REFERENCES**

- [Sports Fitness Advisor: Dynamic Stretches](#)
- [ACSM; Exercise guidelines](#)

Read more: <http://www.livestrong.com/article/138281-stairmaster-tips/#ixzz2KDyWrUiA>