

THE BEST WORKOUT FOR A PRECOR ELLIPTICAL

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Working out on an elliptical trainer is an efficient way to get regular aerobic exercise and keep calories at bay, especially for those who prefer a low-impact workout. PRECOR ellipticals, found in gyms and homes across America, come in a variety of styles and models, and typically have preset exercise programs designed to provide users with various types of workouts. The best workout on a PRECOR elliptical depends on your personal fitness goals.

AEROBIC EXERCISE

Any type of cardio activity will help keep you fit, including low-impact aerobic exercise, such as walking, dancing and elliptical workouts, according to Mayo Clinic. No matter what type of workout you do on a PRECOR elliptical trainer, the best workout involves some level of aerobic exercise. The important thing is to move continuously and deliberately for at least 30 minutes a day. Using elliptical trainer exercise makes it easy to get your daily workouts in.

PRESET PROGRAMS

Most PRECOR elliptical trainers come with preset workout programs, such as "Cross Training Course," "Cross Country Course," "Hill Climb" and "Interval Course." You can typically opt for the "Manual" setting, though, if you want to work out at your own pace and comfort level. Preset programs help you focus on a certain type of training. For example, tennis players can choose "Tennis Conditioning" on newer PRECOR elliptical trainer models. The best workout on a PRECOR elliptical for someone wanting to shed pounds, however, might be following a preset program, such as "Beginner Level Fat Burning and Aerobic Base 1 Building."

WEIGHT LOSS

One primary reason people like to work out on an elliptical trainer is for weight loss. The good news is that just performing regular aerobic exercise will automatically help you shed pounds. Cutting calories along with regular exercise naturally burns calories, and following a consistent workout program will help you keep the weight off. Following a high intensity training, or HIT, program may help you shed pounds faster and increase your overall cardio fitness. The idea behind HIT is to intermittently perform bursts of intense activity with intervals of lighter activity. You can workout using a PRECOR elliptical preset fat-burning or interval training program as part of a HIT program for weight loss.

ADAPTIVE MOTION TRAINER

The 21st century PRECOR AMT 100i elliptical trainer may provide the best workout for a variety of users - from an athlete focused on cross-training to the average person trying to slim down. Adaptive motion trainers provide zero-impact aerobic exercise and are designed to adapt to your movement. You can change from stride movements emulating cross-country skiing to jogging movements, and the machine intuitively responds. Perform light aerobic workouts or HIT sessions without changing settings. Because an adaptive motion trainer provides variety and "encourages a harder workout" than regular elliptical trainers, it may be the best all-around elliptical workout, according to the "LA Times."

REFERENCES

- 24 Hour Fitness; Bellevue, WA
- [PRECOR: Workouts](#)
- [Mayo Clinic: Exercise For Weight Loss: Calories Burned in 1 Hour](#)
- [Mayo Clinic: Interval Training -- Can It Boost Your Calorie-Burning Power?](#)
- [PRECOR: AMT 100i](#)
- [Los Angeles Times: High-tech Elliptical Workout Machines Stand Out From the Rest](#)

Read more: <http://www.livestrong.com/article/400205-the-best-workout-for-a-precor-elliptical/#ixzz2KE5gyZoB>