

Pros and Cons of Steppers

Condition if used correctly, stepper machines provide a good workout for your legs and glut muscles, as well as a low impact cardiovascular workout for your heart and lungs. One of the biggest mistakes that most people make when using a stepper machine is to support their body weight with their arms. It is combined with leaning too far forward, places excessive pressure on the lower back. Try to keep a smooth rhythm, with medium size steps for beginners and those of a good fitness level can increase the size of the stepping and keeping your back upright, using your hands as balance, when holding the machine, will promote good technique.

Do remember to warm-up and stretch prior to doing any exercise. All machines these days will have a computer display as well as a selection of programs. One time you have finished your session on the stepper, its worth spending a few minutes stretching the muscles of your calf and quadriceps and if your looking at doing a long session on the stepper - 10 minutes plus, make sure you take a water bottle and have regular sips of water to help keep you hydrated throughout your workout.

We can see many exercising machines in the market for different work outs but an aerobic stepper machine is one simple way to burn extra calories to help lose weight. Very simple to use and fairly cheap to buy is beauty of stepper. People can use it in the comfort of own home while listening to favorite music or watching TV. In the market many exercise equipment available for the dieter to lose weight it can be a hard choice to decide which equipment would be best to buy. People can count many benefits like simple home use and very easy to do, best if bad weather means no other activities available, we can watch TV during a workout, it helps tone legs and thighs.

Numerous people believe an aerobic stepper is not the best equipment to use to help lose weight as there are far more exercises which would help burn greater amount of fat than an aerobic stepping machine. But rowing and walking may be best to start if we're on a budget. Price of rower would be lot more but these are one of the best ways to burn lots of calories and lose fat weight. We can save the cost of buying an aerobic stepper machine by using the bottom of a flight of stairs at home. Instead the step should be secure and between 6-8 inches high, and you workout at a comfortable, easy pace it then this can be just as good as forking out for an aerobic stepping machine.

About the Author

Bekie Cohner is a health and wellness professional with 16 years experience helping people make the right decisions for everything from [Exercise Equipment](#) to [nutritional supplements](#).

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