

Understanding the Basics of a Stepper Machine

The basic idea behind step machines was to simulate climbing upstairs. Advantages of mimicking this action enable us to obtain stronger legs and increase your cardiovascular endurance. Steeper machines will feel familiar as virtually all of us will have walked upstairs at some point in our lives. Just difference is that the stairs never stop and you have to keep climbing to keep up with the machine. Few points of consideration are the speed, intensity and duration of exercise. All can be set with the help of the gym staff or personal trainer.

The stepper is a beneficial machine to use as it is great for working your thighs and buttocks. On starting out on the stepper you may think there is no way you can carry on climbing as your legs become tired quickly, but key to using the step machines is rhythm. When ever you try too hard or go too fast at the start you will struggle to maintain the pace or complete your workout. Just start at a reasonable rhythm and maintain it until you feel comfortable. Along the time when you feel more comfortable on the machine you can start to incorporate some sessions. Then there is no need to do steady-state work on the stepper and always follow the same routine.

By changing the pattern of your training on the stepper you'll find it easier to concentrate and are less likely to get bored. Nowadays on most stepping machines, you should start out with your feet flat on the pedals and keep them flat throughout the first part of the warm-up stage. After getting more confident and want to go faster it is possible and advisable, to lift your heels a little and work on your toes as the speed increases. It will help to give a greater over all work-out to your calves as well as your quads, hamstrings and buttocks. While stepping the posture we adopt is quite important because if you get it wrong you'll get a sore back and will work muscles you don't need to. Best body placement is standing up with a straight back and arms slightly at the front and holding on to the rails. Numerous people can be seen slumped over the front of the machine or with their arms locked out desperately trying to hold them upright. These climbers took the fitness industry by storm more than a decade ago, and we all know why. The climbing against resistance motion not only gives a solid fat-burning cardio workout, but it tones the thighs and as well. We can affordably get gym type of workout at home by using stepping machine. Moreover it can easily be stored in a closet, and is much more economical.

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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