# What Cross Trainer Stride Length?









Exercise intensity increases

A short stride length can restrict movement and stop you exercising efficiently. Longer stride lengths are best for high intensity workouts.







GH-190





Powermax Fitness

GH-200

12 inch

GH-180 16 inch

18 inch

EC-1330

18-22 inch

EC-1450

20-24 inch

# **Elipticle Machine Ing Guide**

**RC Schank** 



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