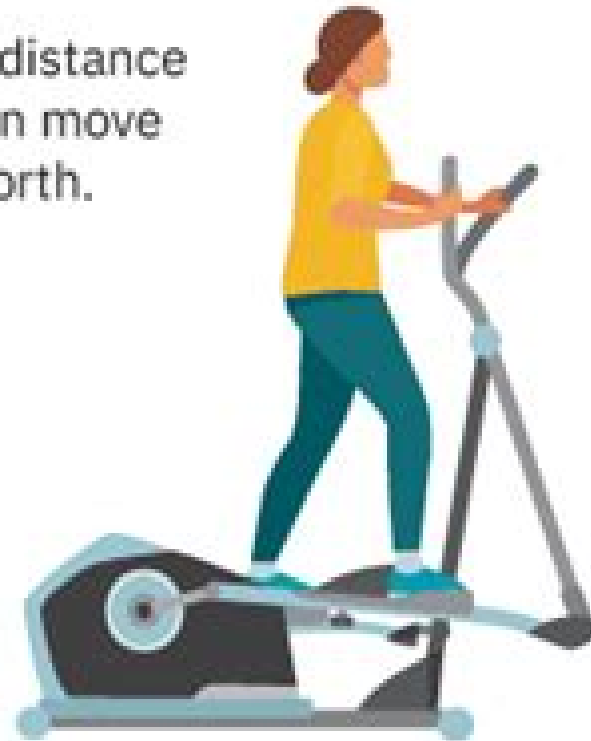


STRIDE LENGTH:

The maximum distance each pedal can move back and forth.



Shorter people should choose ellipticals with **shorter stride lengths.**



Taller people should choose ellipticals with **longer stride lengths.**

Elliptical Training The Official Guide To Elliptical Machines

Brad Schoenfeld



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