

What Cross Trainer Stride Length?



Walking

14 inch



Speed Walking

15-17 inch



Running

18-20 inch



Sprinting

21-24 inch

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-200
12 inch



GH-180
16 inch



GH-190
18 inch



EC-1330
18- 22 inch



EC-1450
20-24 inch

Powermax Fitness

Eliptic Machine Ing Guide

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Stewart, Ritchey Halphen**



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