

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

Michael Seilmaier



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web ham mer 'ha mər synonyms of hammer 1 a a hand tool consisting of a solid head set crosswise on a handle and used for pounding b a power tool that often substitutes a metal block or a drill for the hammerhead 2 something that resembles a hammer in form or action such as

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