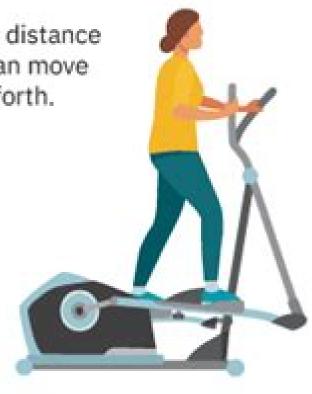
# STRIDE LENGTH:

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

Deidre Johnson-Cane, Jonathan Cane, Joe Glickman

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