

# 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

# Elipticle Machine Ing Guide

**N Noddings**



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