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

Len Testa, Erin Foster, Laurel Stewart, Ritchey Halphen **Elliptical Training The Official Guide To Elliptical Machines:**

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