

# 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.



**Powermax Fitness**  
**GH-200**  
12 inch



**GH-180**  
16 inch



**GH-190**  
18 inch



**EC-1330**  
18- 22 inch



**EC-1450**  
20-24 inch

# Eliptic Machine Ing Guide

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A red circular graphic with a gradient, appearing as a stylized arrow or a partial circle, located to the right of the 'United States. Patent Office' text.

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