

STRIDE LENGTH:

The maximum distance
each pedal can move
back and forth.



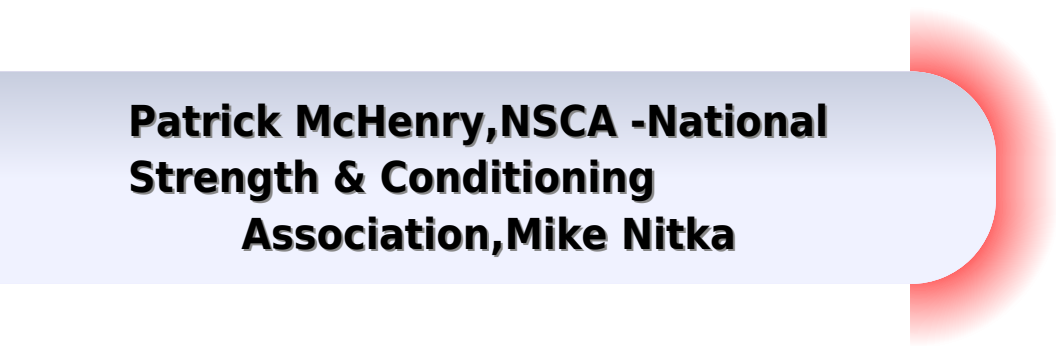
Shorter people should
choose ellipticals with
shorter stride lengths.



Taller people should
choose ellipticals with
longer stride lengths.

Elliptical Training The Official Guide To Elliptical Machines

**Patrick McHenry, NSCA - National
Strength & Conditioning
Association, Mike Nitka**



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