

Stepper Helps In Keeping Us Fit

The stepper is one of the best pieces of fitness equipment that you can buy. The input component to a stepper is that you can run up flights of stairs without the hassle of people getting in the way, plus, you don't even have to leave the comfort of your home to do it. A stepper provides the perfect opportunity to tone up and can be a very enjoyable experience if you have self-motivation and a willingness to exercise. These machines are the perfect piece of fitness equipment to buy because they are easy to store and don't even take up very much room when in use and are also relatively cheap to purchase, particularly when you consider the money you could spend hiking off to the gym every day.

The steppers allow you the freedom away from the intensity of a gym where you only have a certain amount of time on the fitness equipment before someone is stood waiting for it. Numerous people are unsure how to use a stepper correctly, so below are a few tips on how to get started on your fitness equipment to produce the maximum results. Do make sure that when you stand onto the equipment, you hold on to the handrails, keeping your posture as straight as possible. Always place your feet on the pedals and you're ready for a fitness work out. These machines will ask you for a range of information before it are ready to start up and are to ensure that you get the maximum amount of fitness from your equipment, and that the program chosen is the right one for your specific needs.

Stepper will ask you to input your weight, the level you require level 1 being the easiest level, the time you wish to exercise, how far you want to step, your age and also your sex, after inputting the specific data above into your stepper, you will get the option to choose a specific programmed. Commonly used programs are Manual, Hill or Random. Always use the stepper in the same way that you would walk up some stairs, after all, this is essentially what the fitness equipment is substituting and if you find that the level you have picked is too easy then you can adjust it by using the up or down arrow keys on the screen.

Try not skipping the warm up – it's important to warm up your muscles prior to exercise to avoid any straining. Always don't skip the cool down as you body recovers better after a work out when the intensity is slowly reduced on the fitness equipment. Do try not to lean on the fitness equipment as this can hold back your progress and also, more importantly, can lead to injury.

About the Author

Bekie Cohner is a health and wellness professional with 16 years experience helping people make the right decisions for everything from [Exercise Equipment](#) to [nutritional supplements](#).

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