

## Machine For Stepping Exercise

A stepper machine is a good gadget for whole body exercising. That is for cardiovascular workout. But the condition is that the exercise should be done correctly else the results are negative. The main point in consideration is that one should always maintain a straight upright posture while using a stepper. The technique behind a stepper is like climbing a real stair case. Due to the escalators installed in all the buildings and due to shortage of time one rarely climbs a stair case. So to maintain our body one should always use a stepper. The steps on the gadget should always be as large as possible comfortably. One should never over stress the body but should always try to increase the height of the steps. A stepper machine increases our stamina to climb a stair case by strengthening our leg muscles and the cardiovascular capacity. A stepping machine works best on the upper part of the legs that is on hips and thighs. But maintaining a proper posture is must. One should always keep his feet straight on the pedals. The main components of a stepper are a base metal frame, a vertical small tube and a vertical rod. The vertical small tube has two axles perpendicular to it. The two plates are connected to these axles respectively.

This arrangement works when subjected to weight on the horizontal plates alternatively. Also a stepping machine uses hydraulic cylinders. One should always keep in mind the angle at which the stepping machine works. The angle plays an important role for the comfortable exercising. If the angle is wrong we have to put in more effort and results will be less. The stepper machine is a good calorie burner thus helping us to reduce weight in case one has problem with the knees then he can always change positions at regular intervals of time to reduce the over stressing of a particular muscle. One should try walking on a stepper in a rhythm and should decide what amount of time he can spend stepping comfortably. After that particular time the pattern and the position can be changed but keeping in mind that the upright posture should be maintained. A stepping machine comes under the category of aerobic workout. This instrument is like a warm up machine. Warm up is really essential while exercising. A good warm up gets the body going and gets the heart and lung working faster. Warm up make the muscle toning exercise more effective. As the body temperature raises slightly, the blood supply to the muscles increases and the rate and force of muscle contractions also increases. One gets more out of the effort we put into our workout. Thus working out on the stepping machine enhances the metabolism.

## 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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