



> FACTUAL FINDINGS

Results of an independent elliptical trainer study were published in The Journal of Physical Therapy article “Similarity of Joint Kinematics and Muscle Demands Between Elliptical Training and Walking: Implications for Practice.” The article compared four popular elliptical trainers to see which, if any, were superior for rehabilitation use. The findings were:

- SportsArt’s E870 elliptical most closely resembles a natural walking motion
- Trunk flexion and pelvic tilt during walking were most closely simulated by the SportsArt E870 – less trunk flexion benefits individuals suffering from low back pain and/or injuries
- SportsArt’s handle placement helps keep users more upright throughout the workout
- The E870 increased duration of tibialis anterior muscle activity (front of the shin) – training this muscle over time helps combat the occurrence of shin splints
- All ellipticals provided a fairly equivalent exercise experience in terms of muscles activated

You can get a great workout on any elliptical trainer. However, the E870 elliptical is scientifically proven to more closely mirror walking without the impact. Read the full article here: <http://ptjournal.apta.org/content/90/2/289.full>

SPECIFICS

> Participants

Twenty adults of various ages, genders and sizes

> Methodology

Kinematic, electromyographic (EMG), and stride characteristic data were recorded while each subject trained on each elliptical trainer

> Ellipticals Tested

- SportsArt Fitness E870
- Life Fitness X7
- Octane Fitness Pro4500
- True Fitness Technology TSXa