

Magnetic Cross Trainer



Whether you want to support your overall mobility level, lose weight or improve your fitness, a magnetic cross trainer can help you to achieve your goals from the comfort of your own home.

What is a magnetic cross trainer?

A cross trainer is a popular piece of gym or at-home exercise equipment which allows users to run or walk without causing any unnecessary pressure on the joints and muscles. Cross trainers provide a low-impact, cardiovascular workout which is accessible to a range of different people, including those who have sustained injuries through high-impact activities.

There are several different types of cross trainers on the market and magnetic models are among the most popular. This type of cross trainer uses magnets to create resistance, which allows users to adjust the intensity of their workout. The higher the resistance level setting, the harder you will have to work and the more calories you will burn.

What is the difference between a magnetic and flywheel elliptical cross trainer?

Rather than using magnets, flywheel cross trainers use a flywheel mechanism to control the overall resistance levels. While both types operate in similar ways, magnetic cross trainers are typically more accurate, quieter, and allow users to set higher resistance levels than their flywheel elliptical mechanism counterparts.



Is a cross trainer better than walking?

Research illustrates that exercising on a cross trainer for 60 minutes will burn more calories than walking for the same amount of time. Additionally, cross trainers minimise the stress felt by the knee and hip joints, which can help to mitigate the risk of developing injuries in these areas. However, walking is typically better suited to people with back injuries as well as those who are hoping to strengthen and tone muscles in the ankles and calves.

Remember it is important to ensure that your exercise routine is tailored to your needs and accounts for any current injuries you may be experiencing, so always discuss any concerns you may have with a healthcare professional.

Is a cross trainer good for losing weight?

If you want to incorporate exercise into your weekly routine as a way to lose weight, a cross trainer is likely to be a solid investment. After all, there is a reason why cross trainers can be found in almost every single gym worldwide.

A cross trainer will provide you with a good cardiovascular workout that will get the blood pumping and see your heart rate increase. As such, you can be certain that you'll be consistently burning fat every single time.

This type of workout focuses on the whole body, ensuring that your arms are also getting as involved as your legs and core. This means that cross trainers can also be incorporated into high-intensity interval training workouts for those who want to make their exercise routines feel more dynamic rather than simply always going at a steady pace throughout.

Does a cross trainer reduce belly fat?

If your goal is to lose weight, it is important to ensure that you are as consistent as possible with your exercise routine. Although it isn't technically possible to specifically target fat in one area of your body, by exercising regularly and getting your heart rate up to a level that will kickstart your body's calorie burn, you will gradually start to reduce your overall fat levels, build muscle, and improve your health.

