

THE ULTIMATE EXERCISE MACHINE

If I were to make a list of the top 5 most important things that would make up the perfect exercise or exercise machine for aerobic workouts I'd choose the following:

1. Natural Movement: Running and walking are the most natural movements so it would have to duplicate them.
2. Uses your largest muscles in the most bio-mechanical efficient way as to produce the highest heart rates with each level of perceived exertion" (in comparison to other exercises). Perceived exertion is simply how hard an exercise feels at any given heart rate. Once again running wins here. Studies like this [one](#) and this [one](#) show time and again running (along with stair climbing) burns more calories per minute for comparable levels of perceived exertion than any other exercise. But not all ellipticals are created equal. The best ellipticals are producing results similar to running, as shown in this [study](#) and many others.
3. Low or no impact. This is where running comes in last. Running is famously hard on the joints and many runners have to give it up as they get older.
4. Able to increase the resistance to enhance muscular strength and increase intensity. Running, for the most part falls short here too, though you can run uphill to increase the intensity. But resistance is set.
5. Weight bearing exercise: In other words, standing up as opposed to sitting. Standing exercises help build stronger bones. They also increase the level of intensity which help you exercise at higher heart rates for the same rate of perceived exertion.

AND THE WINNER IS:

The Octane Fitness Elliptical Pro 3700/4700



This machine virtually duplicates the running motion better than any other machine and fulfills all of the above criteria. With the bonus effect of increasing muscular strength in your legs while strengthening your heart at the same time. Making this, in my opinion, the perfect cardio exercise machine. In fact this machine really shouldn't be called an elliptical, it should really be called a "running simulator". Most

ellipticals have don't have a smooth continuous motion, but rather have a "hitch" in the motion and don't feel like a natural motion. The only exception to this I found was the Cybex Arc machine. And I've tried the LifeFitness, Technogym, and Precor high end models. Of course being no impact and a bio-mechanically natural movement, also makes this one of the safest exercises you can do and it has no "elliptical knee" problems like many ellipticals. Which is caused by the torque the machine puts on your knee. In addition, the superb display gives you the vital information necessary to keep improving your workouts. Their home model called the Zero Runner was rated by Consumer Reports. They called it the elliptical that comes closest to duplicating running. You can read more about the advantages of this amazing machine in their white paper [here](#). Also, the U.S. Navel Academy deemed only 2 ellipticals were acceptable for fitness evaluations for their cadets. Both were made by Octane Fitness. This was done after extensive testing against 5 other top elliptical brands. You can see the report [here](#). This same study showed the Octane machines were the highest calorie burners and were at or near the top for producing the highest heart rates for comparable RPE. Another [study](#) compared the effect on Vo2 max on runners using the Octane Fitness elliptical in place of running. It was found that Vo2 max dropped by a statistically insignificant 1.8%. That was comparable to those that continued running that had a drop 0.8%.

There may be some great ellipticals out there, but I have haven't found them. Only the Cybex Arc machine, which also is not an elliptical, comes close to have a natural continuous motion. I personally used this for years until I discovered the Octane Fitness machine. But the Octane Fitness machine is far and away the best one out there, and the studies prove it. The good news is that these machines are now widely available at most gyms throughout the country. Also, by incrementally increasing the resistance as you become more fit, you'll greatly enhance your *functional* leg strength, perhaps more than any other leg exercise, as well as further increasing you o2 max. The main function of your legs is to propel you forward, and this is exactly the muscles this machine effects the most, because the motion of it duplicates your natural running and walking motion. Making this ***The Ultimate Exercise Machine.***

According to their website the Octane Fitness elliptical is available at the following facilities:

24-Hour Fitness

25-Anytime Fitness

Athletes Performance, Inc (EXOS)

Core Performance

Crunch

Equinox

Gold's Gym

GoodLife Fitness

Life Time Fitness

Powerhouse Gyms

Retro Fitness

Snap Fitness

UFC Gym

Wellbridge

YMCA