

How Do I Choose A Rowing Machine?

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By Brue Baker

A rowing machine can be considered one of the best fitness machines out there, in terms of fat burning and muscle building. No other piece of exercise equipment is able to work out as many muscles in the body at the same time while maintaining a low impact workout. This also makes rowing machines suitable for people of all ages.

The stretching and pulling involved with rowing is especially beneficial for firming and toning up your stomach and limbs. As a matter of fact your entire body shape should improve if you use your rowing machine for 30 minutes or more a day. After you choose a rowing machine and USE IT you will notice a big change in your body in only a few short weeks.

Things To Consider When Purchasing A Rowing Machine

When you ask the question "how do I choose a rowing machine?" there are several important factors that need to be taken into consideration. The first involves the features that you should be looking for in your rowing machine. The machine's bar or handle is one of the first features you should assess.

This is the part of the rowing machine that you hold, grip, and pull back on to create the rowing movement. You want to make sure that the machine you are interested in features a bar or handle that feels secure when you grip it but, is not too tough on the hands. It should be soft enough that you can maintain hold for a long period of time without getting sore or blistered.

Do You Want Your Rowing Machine To Measure Your Heart Rate?

When learning how to choose a rowing machine, the pulse or heart rate monitor feature can be important. Your machine certainly doesn't have to have one, but if you have heart problems or want to monitor your heart healthy it is definitely going to be beneficial to you. This feature works by detecting your pulse so that you can watch and keep track of how hard your heart is working and whether or not your heart is becoming healthier from one workout to the next.

Whether or not you get the heart rate monitor when choosing a rowing machine, your machine should still have an LCD digital readout display, which will at least tell you:

- * What speed you are rowing at
- * Your stroke rate
- * Total distance rowed
- * Your time etc.

You should also be able to switch the display to the numbers that you are most interested in and change between programs, as you desire.

Learning how to choose a rowing machine really does not have to be difficult, but you do want to be as educated as possible before heading out and also make sure that you choose a rowing machine that is going to offer all of the features that you are looking for, but at the same time stay in the price range you are looking for.

One of the best ways to find a rowing machine that you will use is to go to several local gyms and try the rowing machines they have and see what you like. Whatever you do when you get one make sure that you row on it. The machine will not do any good for your health and fitness if you never use it.

Brue M. Baker, is an expert on natural health and fitness who has helped people from across the world sky-rocket their health and well-being. Rather than hitting your head against a wall trying to find unbiased health information let Brue take you by the hand and give you the best natural health information on the web. Visit DietHealthAndFitness.com to learn more.

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