

# Consumer Reports

Shape up!

BEST & WORST  
Treadmills & ellipticals

TOP GYMS  
Get fit for less

AS SEEN ON TV  
Do exercise gadgets  
really work?



For a gym-quality feel:

- 1 Precor \$3,700
- 2 Keys Fitness \$2,500
- 3 Octane Fitness \$2,800

These were all more stable than most. The Precor has a ramp you can adjust electronically while working out.



1 Precor



2 Keys Fitness



3 Octane Fitness



5 NordicTrack

CR BEST BUY

## Ratings ellipticals

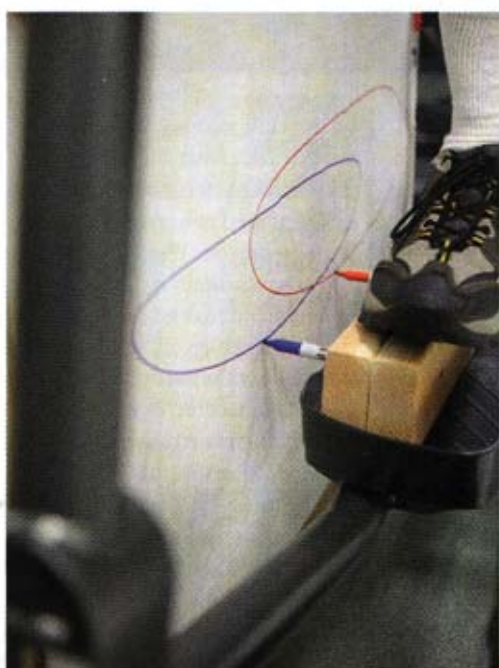
• Availability Most models at stores through summer 2008.

Excellent Very good Good Fair Poor

In performance order. Blue key numbers indicate Quick Picks.

Key number	Brand & model	Price	Overall score	Test results						
				Ergonomics	Construction	Exercise range	Ease of use	Chest-strap heart-rate monitor	No moving arms	
1	Precor 5.31	\$3,700	87	+	+	+	+	+	+	
2	Keys Fitness CG2	2,500	84	+	+	+	+	+	+	
3	Octane Fitness Q37e	2,800	82	+	+	+	+	+	+	
4	Life Fitness X1 Basic	1,900	74	○	+	+	+	+	+	
5	NordicTrack AudioStrider 990	1,000	73	+	+	+	+	+	+	
6	Schwinn 430	800	69	○	+	+	+	+	+	
7	Vision Fitness X6100	1,700	68	+	+	+	+	+	+	
8	ProForm XP 520 Razor	600	55	+	+	+	○	+	+	
<b>NOT RECOMMENDED</b>										
9	Nautilus NE 3000	2,700								
10	Diamondback 460EF	1,100								

○ Available as option.



**MEASURING MOTION** CR engineers trace the pattern of elliptical pedals as they turn to help assess the ergonomics, from heel to toe.

### Guide to the Ratings

**Overall score** is based mainly on ergonomics, construction, exercise range, and ease of use. **Ergonomics** gauges how well the machine accommodates people of various sizes. This includes pedal and handle design and whether the machine interfered with the user's movement. **Construction** is based on sample defects as well as noise during use and machine stability. **Exercise range** indicates how effective a workout each machine provides for fitness levels from well-conditioned athlete to beginner. **Ease of use** indicates ease of adjusting the intensity of the exercise, reading the display, and operating the program functions. A **chest-strap heart-rate monitor** is easier to use than a palm contact. All tested models have a stationary handgrip and resistance that is adjusted electronically. **Price** is approximate retail.