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SPECIAL 20TH ANNIVERSARY ISSUE

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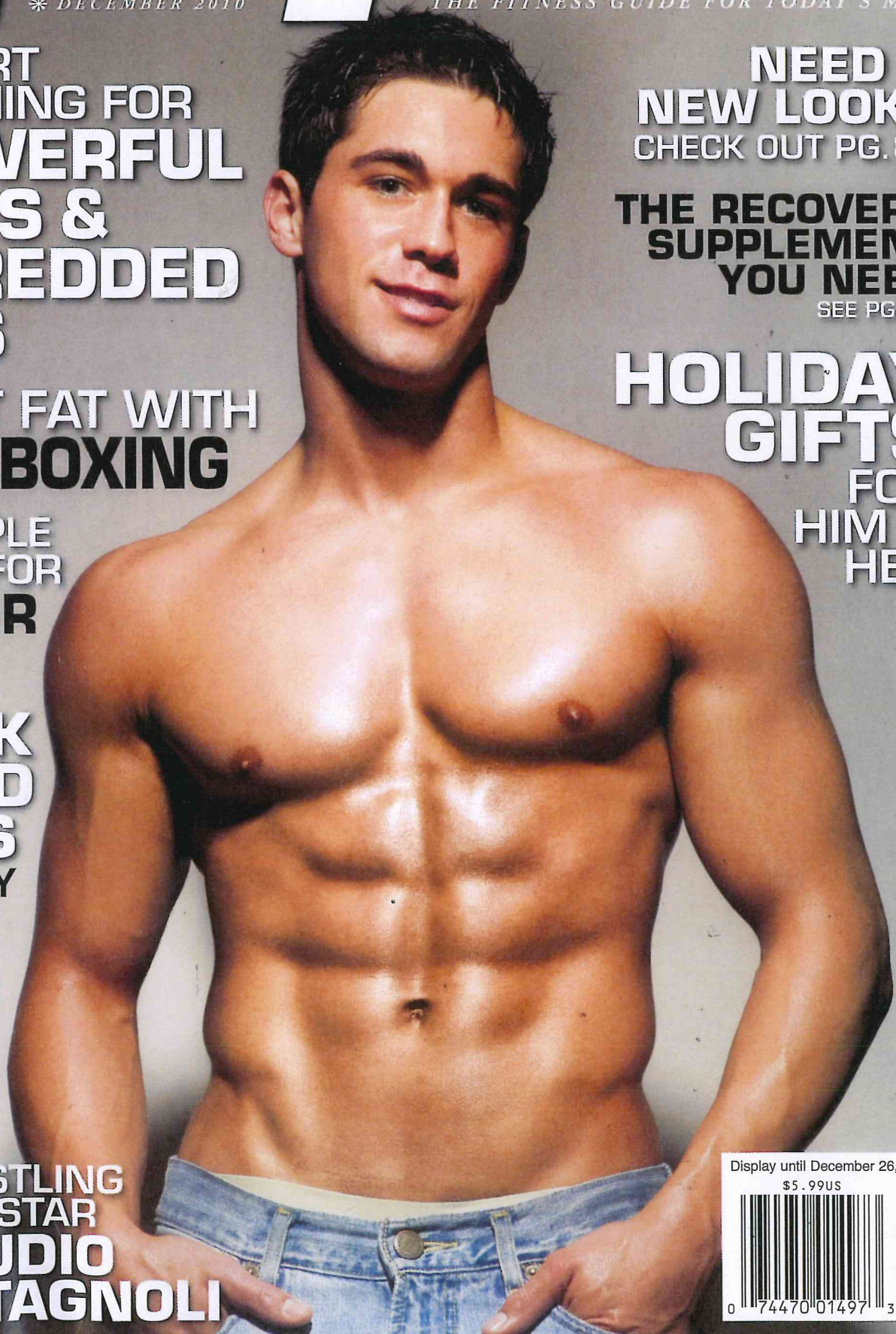
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# ARCH PEDALS

The elliptical has long been accepted as efficient means to cardiovascular excellence. The pace is set by the user and the incline and resistance settings can be adjusted to custom-fit your workout. Most ellipticals have handles that work out your upper body at the same time as your legs. But the world of exercise equipment is constantly evolving, and ellipticals have combined with a relatively new technology to create what may be the next big thing in fitness.

*By Albert Khoury*

Most people have heard of toning shoes. They exploded onto the scene a few years ago and millions of people around the world swear by them. Many well-known sneaker brands offer toning shoes and they have become as specialized as regular sneakers. There are toning shoes made for walking, running, hiking, playing specific sports and cross training. Though there is a large variety of brands and styles, most of these unique shoes possess a similar trait in one particular area – the sole.

Toning shoes contain what is known as a rocker sole (think rocking chair). The sole is strongly curved, forcing you to maintain your balance as you move. If you ever used a wobble board at the gym, you can imagine what these shoes feel like. This extra effort works out muscles you may not normally use when walking or running – mainly those in your feet, legs, glutes and even your abs. A side effect of these shoes is that they may improve your posture and relieve foot pain.

But what if you don't want to wear these clunky, funny looking sneakers? What if you have a pair, but also like using your elliptical to stay in shape? One company has combined the benefits of the toning shoe with the ironclad reputation of the elliptical to create an even more efficient



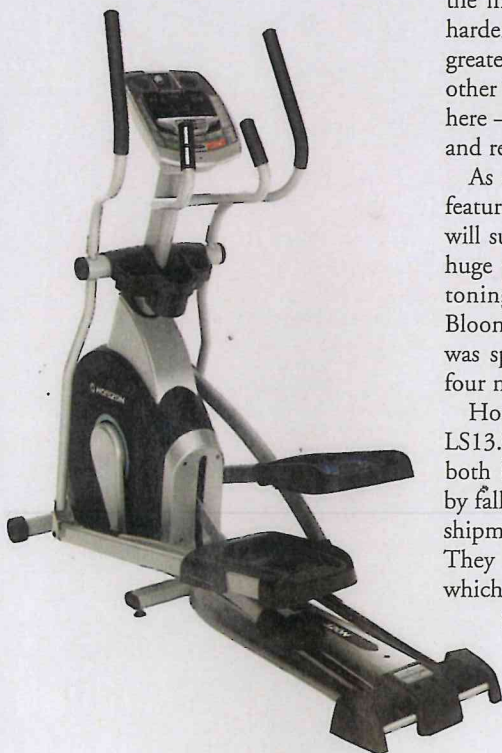
and beneficial exercise experience. Johnson Health Tech North America, a global leader in health and rehabilitative fitness equipment (and the third largest producer of such equipment in the world) has introduced the MaxTone Arch Pedal under the Horizon Fitness and LIVESTRONG Fitness brand names.

Traditional ellipticals are built with flat pedals that function much like a regular sneaker. Machines equipped with the new MaxTone Arch Pedal feature a curved pedal that mimics the arched sole found in toning shoes. In addition to the benefits of using an elliptical trainer, this creates a constant activation of the muscles in your glutes and legs. So however long you use the machine, your body is working much harder in that time period, leading to greater results in your lower body. All the other benefits of the toning shoe also apply here – better posture and blood circulation and reduced stress on your joints.

As of now, there are two machines that feature the MaxTone Arch Pedal, but this will surely change with time, based on the huge popularity and rapid growth of the toning shoe industry. According to Bloomberg Businessweek, \$252 million was spent on toning footwear in the first four months of 2010.

Horizon Fitness's EX-79 and the LS13.0E from LIVESTRONG Fitness will both be available at sporting goods stores by fall 2010. They will also be available for shipment from the manufacturers' websites. They each retail for a reasonable \$999, which is on par with most other elliptical trainers. In addition to the curved pedals, these machines also are SIXstar Certified, which ensures that they have undergone intense testing for biomechanics.

*(continued on page 94)*



## DVD REVIEW

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"Overall, kettlebell use can produce remarkable results, which is what virtually all fitness enthusiasts look to get from their workouts," Bryant continues. "Kettlebells not only offer resistance training benefits, they also will ultimately help people burn calories, lose weight, and enhance their functional performance capabilities."

That said, it's time to experience a transformation. Let kettlebells become your fitness tool of choice. What do you have to lose? Visit [kettleworx.com](http://kettleworx.com) today. ★

*Editor's Note:* To learn more about the ACE, visit [acefitness.org](http://acefitness.org). The KettleWorX Ultra 5 system includes 10 DVDs, over 12 hours of personalized kettlebell instruction, a healthy eating guide and a free five-pound KettleWorX kettlebell.

## EXERCISE PRESCRIPTION

(continued from page 40)

There are six key elements to SIXStar Certification. Pedals are placed with no dis-

tance between them – this ideal placement reduces stress on the hips and back. Next, optimal handlebar spacing makes the machine comfortable for users of any size. Thirdly, pedals placed low to the ground allow easy access to the machine, whether you are getting on or off. Body posture is very important and you should remain upright during your elliptical workout to be comfortable. The fifth element is the 'pedals' path of travel, which should mimic a natural gait, whether you are running or walking. Finally, the moving parts of the machine should be as smooth as possible, to increase efficiency and decrease fatigue.

With the wild popularity of toning shoes still growing with each passing year, it was only a matter of time before someone decided to combine that technology with a machine that has become a classic staple in any gym. This marriage between the new and the reliable is a perfect example of how we can improve the way we exercise without losing grasp of tried and true methods. Don't be surprised if you start seeing Arch Pedals on the machines at your local fitness center sometime soon! ★

*Editor's Note:* For more information on the machines equipped with the MaxTone Arch Pedal, visit [horizonfitness.com](http://horizonfitness.com) and

[livestrongfitness.com](http://livestrongfitness.com). To read further into what it takes to earn SIXStar Certification, visit [sixstarcertified.com](http://sixstarcertified.com).

## FANTASTIC FACTS

(continued from page 20)

**6. Get enough sleep.** Adequate sleep is necessary to properly function and provide you with enough energy to workout. Additionally, sleep deprivation has been linked to many health problems including the inability to produce the hormone for muscle-building.

**7. Use a personal trainer.** If you need expertise or added motivation, consider hiring a trainer. A trainer can be a short-term solution to get you started in the gym. Once you have learned several enjoyable routines that work for you and you are comfortable with them, you will no longer need to spend the extra money.

You may not be sporting your swimsuit or stalked by the paparazzi, but you still deserve that celebrity physique you have always dreamed of. By following these simple strategies and discovering which exercise and diet routines work for your body, you are bound to see long-term results. ★

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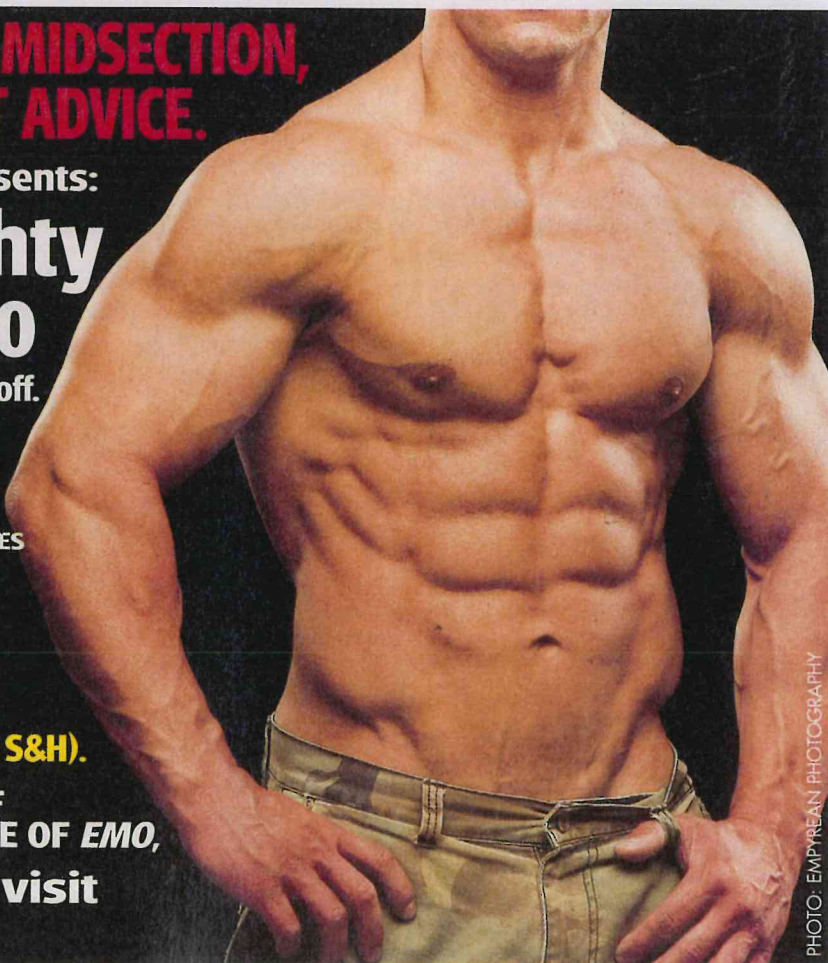


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