

# Elliptical Cross Trainer Strength...

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LaineRB 2 posts since

Dec 21, 2008

Hi,

I have been doing the Elliptical Cross Trainer in addition to my normal running in hopes that it improves my upper body strength to some extent at least. I don't expect the results that one would get by lifting weights but if you use the arm handles and adjust the resistance level can you indeed use it to build some upper body strength? I would like to think it would build muscle the same way running/jogging does but I am wondering if the upper body aspect of these trainers is just a marketing gimmick.



spicegeek 2,408 posts since

Jan 14, 2007 1. Re: Elliptical Cross Trainer Strength Building? Dec 23, 2008 8:46 AM

very unlikely unless you are pulling with your arms ( you should actually pull more with your back ) and doing very little with your legs - you will also be only working one part of your upper body - you would be much better off adding a 30 min resistance training routine to your workout 3 times a week - If you want to build upper body in more dynamic way that straight lifting look into some kettlebell work outs - your legs will get a good workout too