Based on 4-Week Training Periods

ELLIPITGO-ONLY vs. RUN-ONLY

**PARTICIPANT AVERAGES**

**AGE** 23

**BODY FAT** 10.68%

**VO2 MAX** 57.92

**YEARS OF RUNNING EXPERIENCE** 9.25

**4-WEEKS TRAINING**

**PRE-STUDY**

**POST ELLIPITGO-ONLY**

**POST RUN-ONLY**

**EQUAL IMPROVEMENT OF:**

Ventilatory Threshold (easy running)

**MAINTENANCE OF:**

VO2Max (hard running)

RCP (hard running)

Running Economy (RE)

5000m Performance

**LOWER-BODY SORENESS**

**ELLIPITGO-ONLY GROUP**

Equal

**RUN-ONLY GROUP**

*Researchers noted that even those with minor running pains did not experience these while riding the ElliptiGO bike.

**RESULTS**

**Based on 4-Week Training Periods**

ElliptiGO elliptical bike training can be used as a way for healthy, injured or injury-prone runners to maintain run-specific fitness while reducing impact stresses on the body.

See more research reports on the benefits of ElliptiGO training at elliptigo.com/studies