

BECOME A FITTER RUNNER

WHEN YOU CAN'T RUN

(AND EVEN WHEN YOU CAN)¹

ISSUE



IMPACT FORCES²

2-3X

body weight with each step

INJURY³

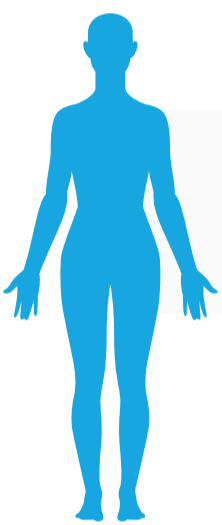


79%

of runners experience a running-related injury in a one-year period

STUDY Who: Healthy, trained, highly fit male & female runners

PARTICIPANT AVERAGES



AGE **23**

BODY FAT
10.68%

VO2 MAX
57.92

YEARS OF RUNNING
EXPERIENCE
9.25

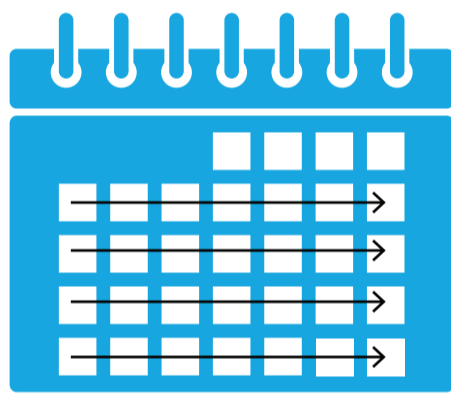


4-WEEKS TRAINING

ELLIPTIGO-ONLY

VS.

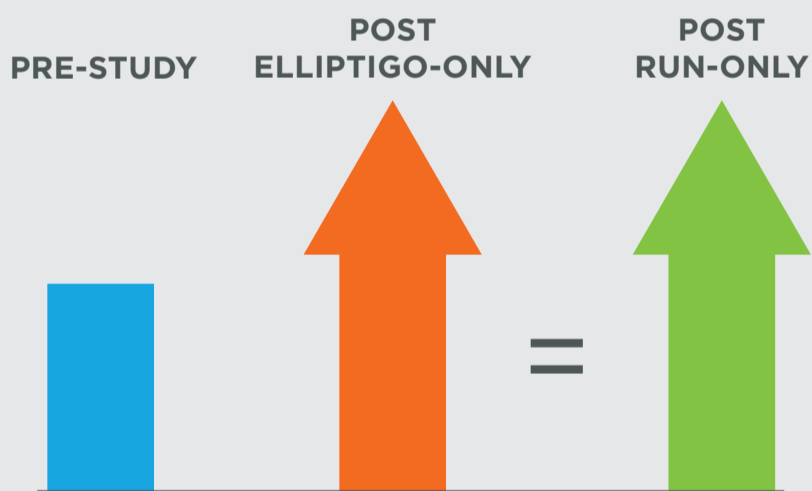
RUN-ONLY



RESULTS

Based on 4-Week Training Periods

Equal Improvement of:
Ventilatory Threshold
(easy running)



Maintenance of:
VO2Max
RCP (hard running)
Running Economy (RE)
5000m Performance



LOWER-BODY SORENESS

ELLIPTIGO-ONLY GROUP

RUN-ONLY GROUP



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

TAKEAWAY

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



1. Klein, I. E., Rana, S. R., & White, J. B. (2016, March 03). A Comparison of Physiological Variables between the Elliptical Bicycle and Run Training in Experienced Runners. Journal of Strength and Conditioning Research.

2. Hreljac, A. (2004). Impact and overuse injuries in runners. Medicine & Science in Sports & Exercise. 36(5), 845-849.

3. Van Gent, R. N., Siem, D., van Middelkoop, M., van Os, A. G., Bierma-Zeinstra, S. M. A., & Koes, B. W. (2007). Incidence and determinants of lower extremity running injuries in long distance runners: A systematic review [Review]. British Journal of Sports Medicine, 41(8), 469-480.