BECOME A FITTER RUNNER
WHEN YOU CAN'T RUN
(AND EVEN WHEN YOU CAN)[1]

ISSUE

IMPACT FORCES[2]

2-3X

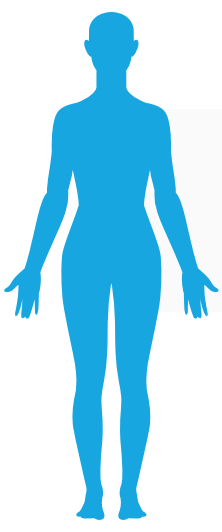
body weight with each step

INJURY[3]

79% of runners experience a running-related injury In a one-year period

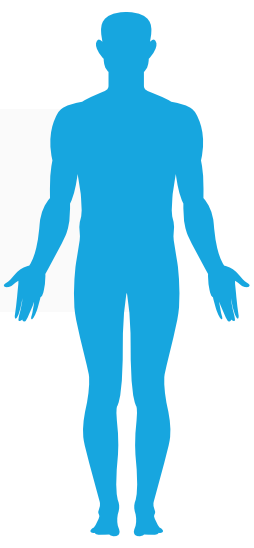
STUDY

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



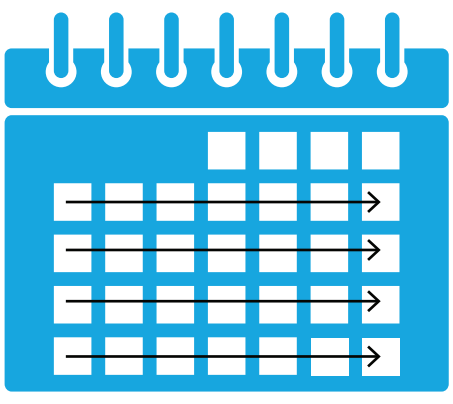
PARTICIPANT AVERAGES

AGE	BODY FAT	V02 MAX	YEARS OF RUNNING EXPERIENCE
23	**10.68%**	**57.92**	**9.25**



4-WEEKS TRAINING

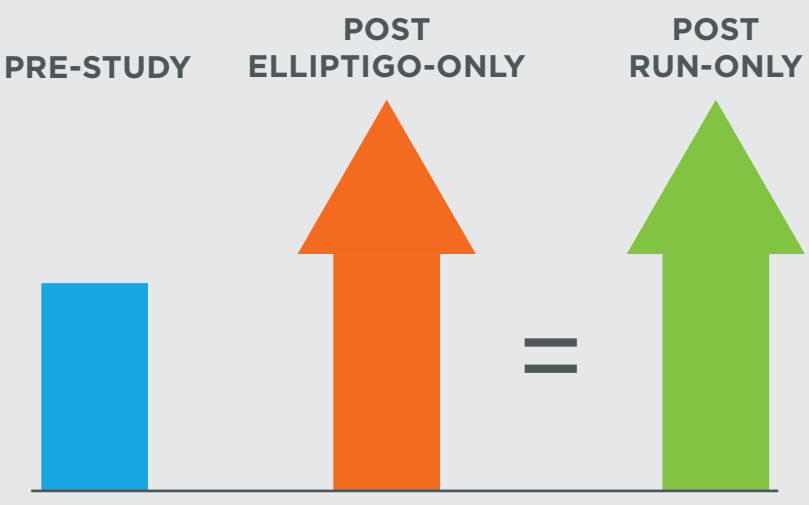
ELLIPTIGO-ONLY **VS.** **RUN-ONLY**



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/study**

ELLIPTIGO®

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.