

How Does Stand Up Cycling Compare?

A Stand Up bike is an excellent form of exercise, and it compares favorably to activities such as running, cycling and elliptical trainers. Let's take a closer look at other forms of exercise.

ELLIPTIGO®

888.796.8227 | info@elliptigo.com | elliptigo.com



vs. Running

RUNNING EQUIVALENT

[A study at the University of California – San Diego EPARC center](#) found ElliptiGO bikes elicited a similar HR and metabolic response, making it easy to translate running workouts using just time and intensity.

RUN-SPECIFIC FITNESS

[A study from Ohio University](#) found elliptical bikes to be the first form of cross-training capable of maintaining (and improving!) running-specific fitness on its own.

PROVEN SUCCESS

See case studies from runners of all abilities, including some of the world's best, who incorporate ElliptiGO elliptical bikes into their routine to reach peak performance.

FREE TRAINING PROGRAMS AVAILABLE

Receive a free, structured [training program](#) from top run coaches Greg McMillan, Jenny Hadfield or Darren Brown to train for your next race. Programs available for all abilities and distances from the 5k through the marathon.



vs. Traditional Bikes

MORE COMFORTABLE RIDING POSITION

Riding an ElliptiGO bike is not like simply standing up and riding a traditional bike. The fully supported foot platforms of ElliptiGO bikes provide a stable, more comfortable ride. The upright riding position also improves visibility with a level, elevated line of site.

BETTER CARDIO EFFICIENCY

The vertical, weight-bearing riding position helps to rev up your cardiovascular system and build a more efficient blood-pumping "engine."

IMPROVED MUSCLE ACTIVATION

The unique architecture of Stand Up bikes develop the muscles of your legs, glutes and core more effectively – and in a more balanced manner – than conventional bikes.

NO PAIN POINTS

The ergonomic, neutral position of riding an elliptical bike removes neck, back and seat pain that can stem from sitting hunched over on the saddle of a traditional bike.



vs. Elliptical Trainer

GET OUTSIDE!

ElliptiGO Stand Up bikes allow you to take the workout outside, where you can enjoy the same streets, routes and paths that you typically walk, jog, run or bike.

GREAT CORE WORKOUT

To maintain balance and adjust to ever-changing conditions (road, wind, other riders & vehicles, etc.), riding an ElliptiGO bike constantly works your core in ways a stationary machine can't.

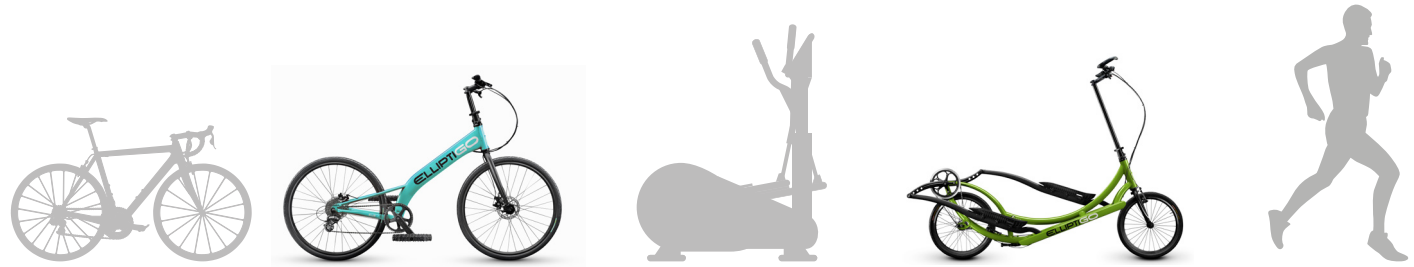
MORE COMFORTABLE, NATURAL STRIDE

The patented elliptical motion and narrower stance of ElliptiGO bikes reduces stress on the feet, ankles and knees, while also more closely resembling the traditional walking, jogging and running motion.

LONGER, MORE ADJUSTABLE RANGE OF MOTION

ElliptiGO bikes provide a variety of stride-length settings to match your range of motion needs and comfort level, while also providing a range of motion nearly a half-foot larger than the industry standard for elliptical-trainers.

Workout Comparison Chart



Benefits	Cycling	Stand Up Cycling	Elliptical	Elliptical Cycling	Running
Low-impact exercise	●	●	●	●	○
Easy on joints	◐	◐	◐	●	○
Comfortable workout position	○	●	●	●	●
Full Body Workout	◐	●	◐	●	●
Time-efficient workout	○	●	◐	●	●
Enjoyable for long workouts	◐	◐	○	●	◐
Running-like motion	○	○	◐	●	●
Cycling-like motion	●	●	○	○	○

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