

I joined a gym recently hoping to lose some weight and get a better shape, but the problem seems to be that there are too many options when it comes to fitness machines. Which are the best ones to work on?

All of these machines are beneficial to weight loss – they burn fat more than normal resistance training machines, they train your heart and they increase your metabolic rate.

**Rowing machine:**

aka ergo. Considered somewhat old fashioned, but not only do you burn lots of energy you also work out many muscle groups. If have only half an hour to train, rowing would be the best pick.

**Elliptical machine:**

aka cross-trainer. This works almost the entire body with a great emphasis on lower body, buttocks and hamstrings –especially as the incline is increased. The energy-burning rate is similar to the rowers, but they are easier to use.

**Treadmill:**

the most common gym machine. Many varieties of programme can be done on treadmills, and it's one of the best options for improving the cardiovascular system; but there isn't enough resistance to tone the body – rows and cross-training still beat for it energy expenditure in terms of effort and time. And if you are overweight, running can put pressure on knee joints that may cause problems in the long run.

**Bike:**

very easy and can be very effective as well; quads and hamstrings are worked, though the upper body barely gets touched. Energy expenditure isn't that great but still it's fairly easy to stay longer on bikes and get the same amount of energy burned on a shorter period of another machine. Good for overweight starters or people with backache and joint problems.

Training on these machines for 45-60 minutes a day three to four times a week will help you

lose unwanted weight and improve your look; be sure to accompany them with a good healthy diet to really benefit from your workouts.

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