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Ski Machine



SKU: Superfit-2004

Simple in structure, this machine's movements are similar to using **ski machine exercise equipment** poles along the slopes to gain momentum.

The result: improved power, strength, and endurance. The Ntaifitness Skier is still a classic in any home due to its effectiveness and smooth, natural motion that simulates a cross-country skiing workout.

Some like the Ntaifitness **ski machine gym** skier because it provides a standing exercise. Others like it for its closed-chain multi-joint movement, or its ability to improve muscular strength and endurance.

And skiers continue to appreciate it for its guaranteed “good weather” and the ability to compete with friends in different places.

- This rail system is extra sturdy and requires little maintenance. Suitable for fitness centers, sports clubs, and other public areas with many users.
- The training improves your strength, endurance, core stability, coordination, technical skills, and VO2-max (maximal oxygen uptake). Furthermore, you will gain substantial afterburn and body toning.
- The ability to train in a standing position. The spiral damper allows you to quickly adjust the airflow to the flywheel, so you can change the feel of the pull to suit your preference.
- LCD Display, The Performance Monitors allow us to objectively quantify progress.
- The workout resistance can be adjusted from level 1-10. Transport wheels on the front provide easy maneuvering.
- Whatever the weather or conditions, the indoor cross country ski machine is always available.
- Wall mounting provides the most compact option, while the floor stand, with its anti-skid deck and caster wheels, provides an all-in-one solution that makes the Ntaifitness Skier mobile.

The Ntaifitness **ski exercise machine** Skier is designed for both double-poling—the two-armed pull common to all variations of Nordic skiing—and the alternating arm motion used in Classic Nordic ski technique.

The double-pole involves more of the larger muscle groups, resulting in increased aerobic demand, calorie burn, and an overall higher quality workout.

The classic alternating arm motion is also a good workout while using a slightly different and smaller set of muscles.

The ***indoor cross country ski machine*** is built to imitate the motions your body goes through when cross-country skiing, an exercise widely considered the best cardiovascular workout available. Just 3×10 minutes a week is enough to give a significant training effect on the whole body.

You will get more fit than you ever imagined possible – the training improves your strength, endurance, and core stability, and you gain a substantial afterburn and body toning.

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Tough and built to last, our cardio machines withstand rigorous use in Nordic ski centers, living rooms, health clubs, and military bases around the world.

We make sure our machines are easy to care for so you can focus on using your investment, not maintaining it.

As well as being durable and well built, the Ntaifitness Skier Ski Machine is sophisticated too, with an advanced monitor that provides immediate, accurate performance data.

Whether you're an elite cross-country skier looking to improve your poling power, a weekend enthusiast wanting to get into shape for the ski season, or just someone looking for a great workout, the Ntaifitness Skier will help you achieve your goals.

Skiing is the world's toughest sport measured by endurance and muscle involvement. Nordic skiing is an exhilarating and aerobically demanding sport, so it's no surprise that Nordic skiers are extremely fit athletes.

Edward Pauls, a Minnesota Nordic skier, created the first ski machine in 1975. While Pauls marketed his machine to Nordic skiers, he had perfect timing.

Kenneth Cooper and Jane Fonda were singing the praises of aerobic exercise. Americans listened.

Some became runners, while others joined aerobic dance classes. Anyone living in climates unsuitable for outdoor exercise, and anyone with an aversion to Donna Summer music, required an alternative.

The ski machine provided an option. When the idea caught on, exercise equipment manufacturers developed ski machines that simulate Nordic and alpine ski movements.

How to use it

Stand tall, facing with feet hip-width apart, arms extended up, and hands gripping handles; palms face in

1. Hinging at hips, with a slight bend in knees, brace the core, push through glutes, and pull handles down; keep arms straight
2. Continue pulling handles down in a fluid motion until arms swing back past thighs
3. As you rise back to standing, activate glutes, pushing hips forward to full extension, and return arms back up to start.

Benefits of an Exercise Ski Machine

The rhythmic, large muscle movements that characterize a cross-country ski machine workout provide efficient and effective aerobic exercise.

A cross-country ski workout burns calories, controls weight, strengthens the heart, and lowers blood pressure. A 140-lb. person potentially burns 306 calories in a 30-minute ski machine workout.

Few aerobic exercise methods provide aerobic, weight-bearing activity while remaining low impact. The ski machine is one of the exceptions.

Your feet stay in contact with the footboards throughout the entire workout, making it an acceptable workout for people whose muscular, joint, or skeletal limitations preclude the possibility of high-impact exercise.

Ski Machines Vs. Elliptical

Both ***ski machines*** and ellipticals provide low-impact aerobic exercise. Working out on either machine burns roughly the same amount of calories as running; with little or no shock to the joints. The machines differ in the motion of their strides.

Ski fitness machine emulates the act of cross-country skiing, wherein the feet slide back and forth along the ground.

Ellipticals mimic walking or running, where the feet travel in an oblong circle.

Harvard Health reports that ski machines used by a 155-lb. person can burn up to 353 calories after a half an hour of working out. Compare this to about 335 in the case of elliptical machines.

Ski Machine Vs. Treadmill

Both ski machines and treadmills are cardiovascular workouts. Performing any type of cardio workout is beneficial for your overall health.

Cardio workouts have been shown to improve blood pressure, reduce the risk of heart disease, improve balance and stability, and also aid in weight loss.

Ski machines are beneficial because not only are they a great cardio workout, but they are also considered the low impact and limit the stress on your hips, knees, and back.

Treadmills are excellent cardio workouts. Machine that burns major calories and fat. If you are training for an athletic running event, it's beneficial to perform exercises on the treadmill because they closely mimic outdoor running.

A 150-pound person can burn 124 calories in a 15-minute period at a moderately hard effort or approximately eight calories per minute on a ski machine, according to CalorieLab.com.

You can burn more or less than this average depending on your weight, the intensity of the workout and your overall cardiovascular health.

Treadmills yield better results for calories burned, according to CalorieLab.com. On average, treadmills burn 153 calories for a 15-minute workout at moderate intensity for a 150-pound person. This is approximately 10 calories per minute of running.

Which cardio machine is best for your individual workout depends solely on your goals and health conditions.

If you have joint or lower back problems, the ski machine would be the better choice.

You can get the cardiovascular benefits you need with the ***ski workout machine***, but also limit the chance of a potential injury.

Shop the exercise equipment packages & fitness equipment store at Ntaifitness for deals on gym machines such as treadmills, air rowing machines, elliptical, exercise bikes, water rowing machines & more. Shop Now & Save Big!

Specifications

Technical Specifications

Dimensions (L x W x H) 1260*600*2150

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