

*Data Averages*  
*For*  
*Aerobic Survey Project*  
*EXSS 383*



*By*

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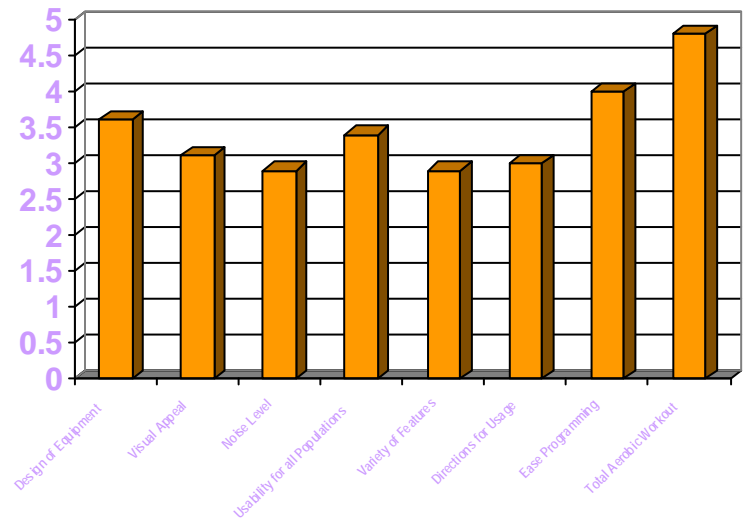
# Survey Introduction and Table of Contents

The following pages are survey reviews of aerobic equipment found at the University of Evansville Fitness Center. Each page illustrates a picture of a person using the equipment, survey summary, and survey result chart. The equipment was evaluated on design, visual appeal, noise level, usability for all populations, variety of features, directions for usage, ease of program, and total body workout. Each category was ranked one to five, which one being the lowest and five being the highest.

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# Airdyne Cycle

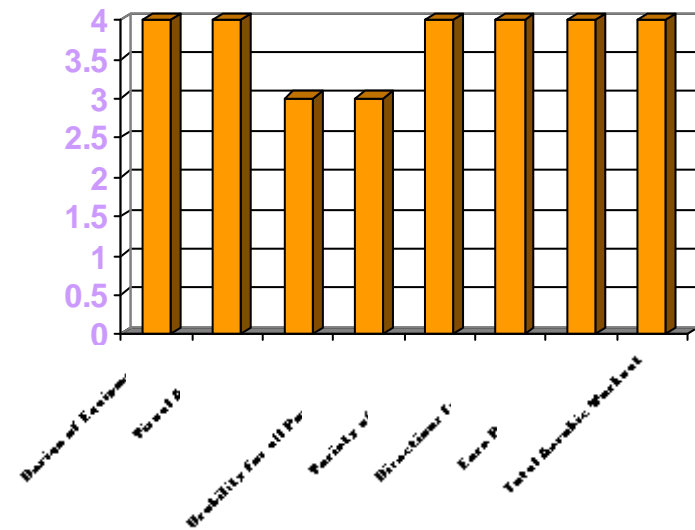
The console for the Airdyne Cycle displays time, distance cycled, calories, calories per hour, pedal rpm, and resistance level. Total body movement with patented synchronized arm and leg motion simulates natural human movement. Very reliable and accurate braking method uses airflow to calculate workload requirements for use in rehabilitation. Air flow provides a comfortable and cooling effect for the user. The Airdyne Cycle can be used by any type of client.



# Arc Trainer

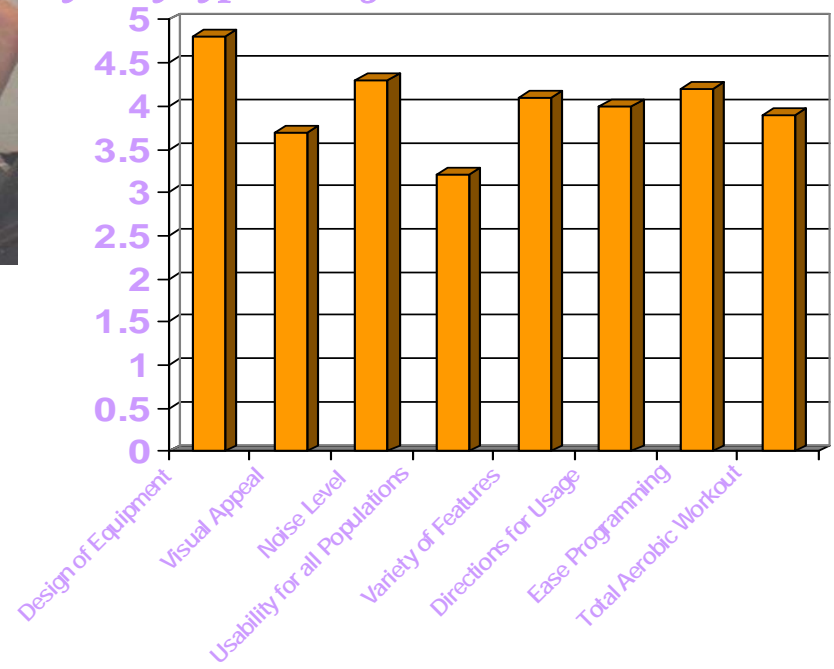


*The Arc Trainer is a great low impact aerobic workout. The Arc Trainer received a 4 in six of the eight categories. The Arc Trainer received a ranking of three in noise level and use for all populations. It is a great piece of equipment to use for people who have lower back problems.*



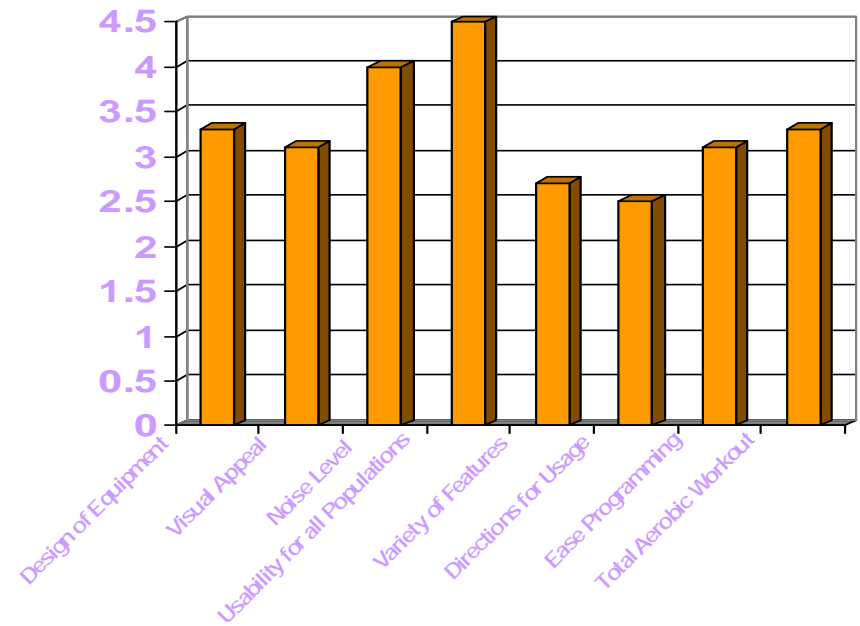
# Precore

*The Precore offers an unprecedented range of variations on its no-impact, elliptical-shaped stride. On it, you can either stride in a forward or reverse motion. Even the handrails are designed for comfort and a wide range of handholds. The electronically adjustable ramp changes the slope of the elliptical stride, letting you cross condition the larger muscles of the lower body and achieve the client's desired heart rate quickly. The Precore is a machine that can be used by any person of any body type and age*



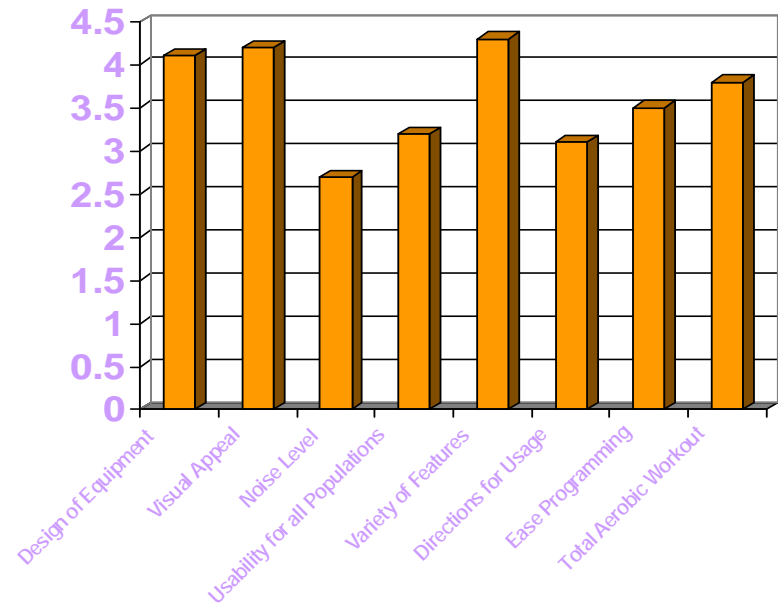
# Recumbent

*The Recumbent exercise bike's smooth and quiet operation streamline frame allow for easy storage. The battery powered pedal start-up allows one to get started with minimum effort, reducing strain on clients' knees, allowing them to get in shape spinning even at home using low-impact and resistance training. The electronic multi-function monitor includes LCD displays such information as time spent exercising, current speed, distance traveled, and even a calories burned estimator!*



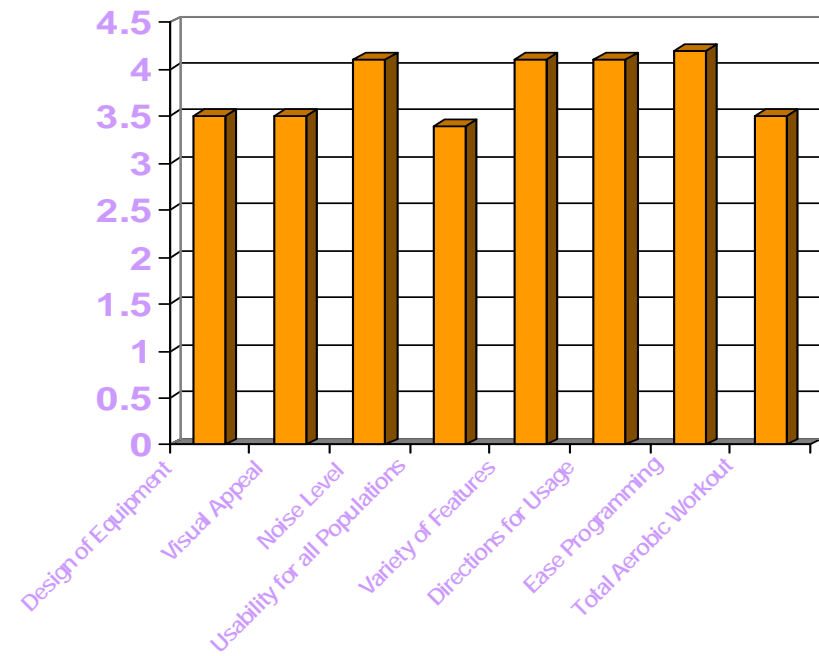
# Reebok

*The Reebok machine provides both an upper and lower body workout. This ideal for any body type because of the no impact workout with less stress on the joints. It tones the arms, chest, back, hips, legs, and glutes. This machine burns more calories and fat than other one dimensional cardiovascular machines. The natural elliptical motion allows the user to move through the exercise in a smooth, fluid manner, simulating the natural motion of walking or jogging. An overall great machine.*



# Tectix Bikes

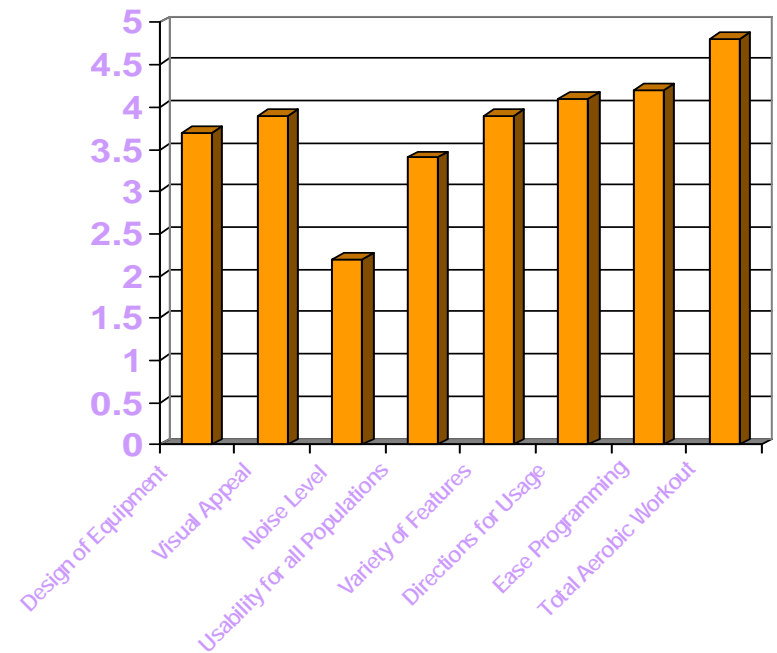
*This bike simulates the performance and feel of a 21 speed bicycle in the real world. Actually, it helps to stand up on the BikeMax pedals to get up the virtual hills that are part of it's programming. And because it's from Tectrix, the BikeMax also delivers a smoother, quieter and more comfortable ride than any other exercise bike. The Tectrix is definitely a design suitable for everyone from beginners to seasoned triathletes.*





# Rowing Machines

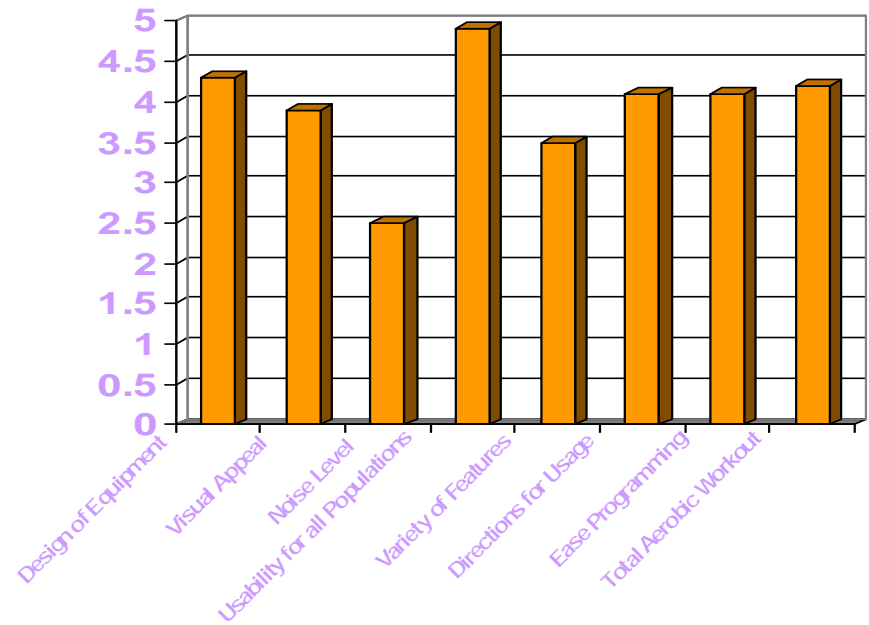
*Unlike most of the cardio machines, rowing machines are unusual in providing work for your upper body, too. Surprisingly, the rowing machines don't get much use, and they can be a good break from using the other cardio machines. The machine seems easy to use, but there are a couple of things to watch out for. Not just anyone can saddle up and use it without the risk of injury. The let down for this machine is that you must be skilled and know all safety precautions before using it.*



# Treadmill

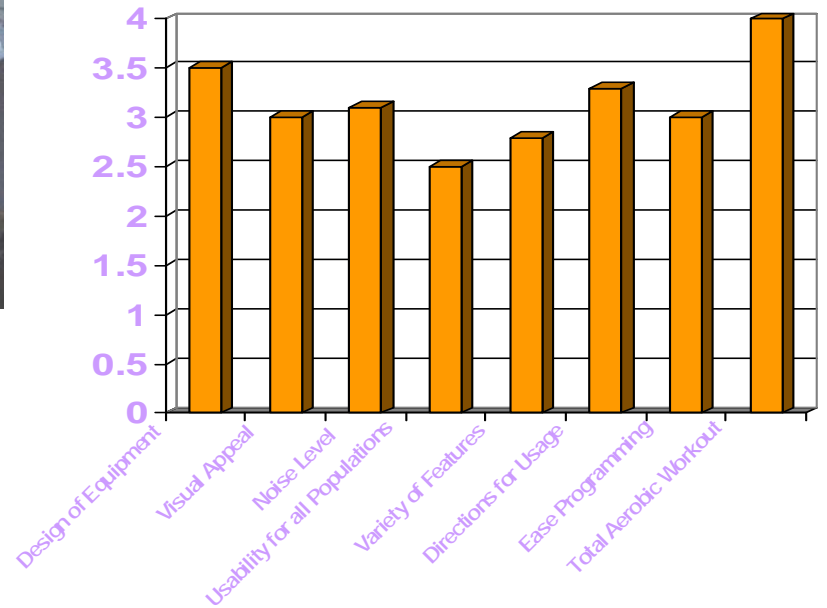


*The Treadmill combines advanced technology with innovative design to let you enjoy an effective form of cardiovascular exercise. The console offers an impressive array of features to help you get the most from your exercise. The speed and incline of the treadmill can be changed with a touch of a button. The preset performance programs automatically control the speed and incline of the treadmill as they guide you through effective workouts while giving you constant feedback about your progress. The only problem with this machine is the vast amounts of contact. This could cause problems to those with bad joints or even cause bad joints to overweight or the elderly.*



# Stairmaster

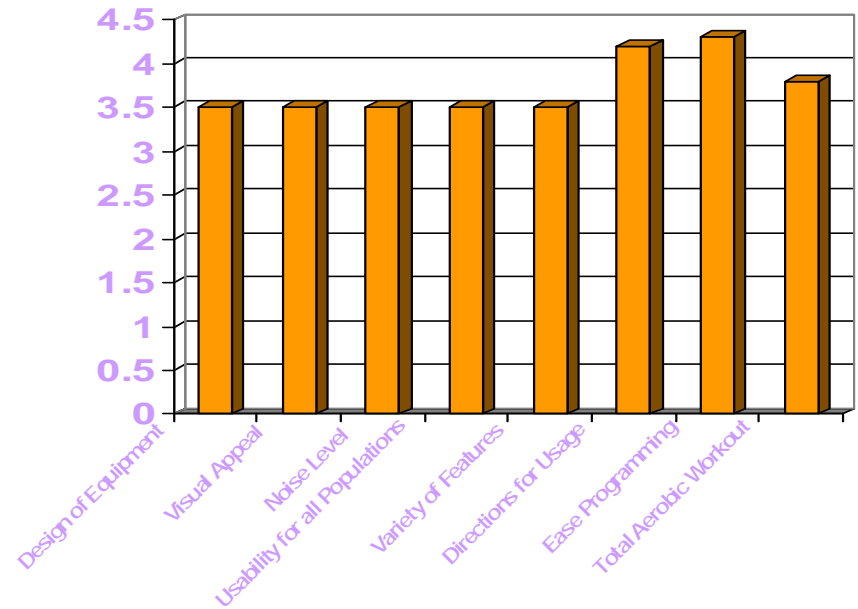
*Stair Climbers (or Steppers) deliver a high intensity, functional, efficient cardio workout with a high caloric expenditure. Stair Climbers are ideal for fit healthy individuals desiring to lose or manage their weight and maintain or improve cardio fitness. This low impact workout strengthens the entire lower body - glutes, thighs and calves time efficiently with little stress on the joints.*



# Trotter

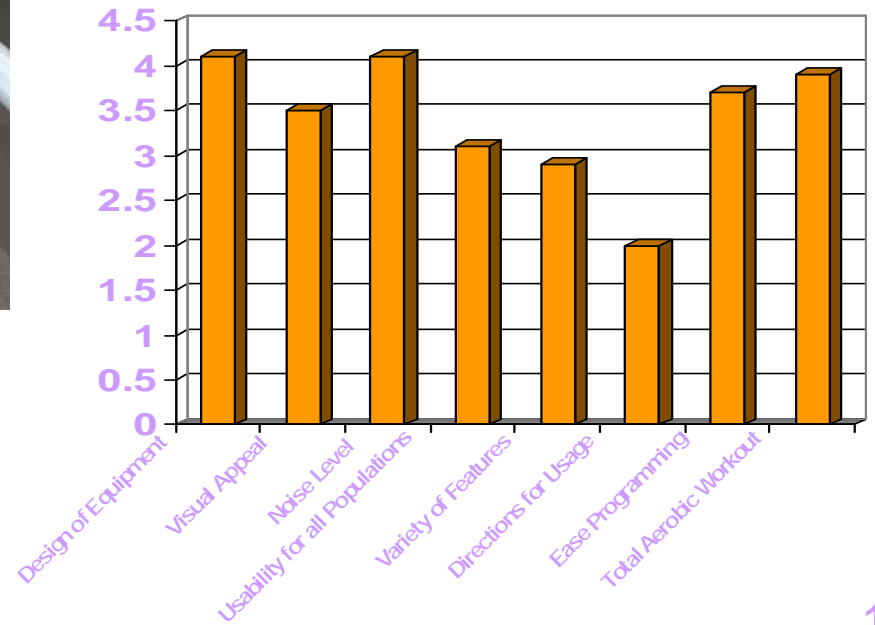


*Trotter deliver a high intensity, functional, efficient cardio workout with a high caloric expenditure. The Trotter is ideal for fit healthy individuals desiring to lose or manage their weight and maintain or improve cardio fitness. This low impact workout strengthens the entire lower body - glutes, thighs and calves time efficiently with little stress on the joints.*



# Spinners

*This is not your average stationary bicycle. It features a comfortable racing seat and high density foam grip handlebars. This Spinner also features horizontal and vertical seat adjustment and the pedal spacing is anatomically correct. It is features like this that make the Spinners the ideal stationary bicycle. Whether small or large, male or female, this bicycle can accommodate anyone. And most importantly, its compact so one can use it in the comfort of their own home.*



# Conclusion

*Each piece of aerobic equipment can be found at the Carson fitness center. Even though at first glance, the different machines seem to basically work the same areas of the body. But further analysis and extensive research proves that you can't judge a piece of aerobic equipment by its cover. From the visual appeal to noise level to the usability for all populations vary from machine to machine. What works well for one client, may not be the safest thing for another. So, close analysis of the client can be crucial before assigning them to a specific device. Safety comes first. But, once the client has found the right machine to fit his or her needs, high levels of fitness can be achieved with relative to high success.*