3 of the Best Cardio Machines For Indoor Workouts

When it comes to indoor workouts, you might need to rely on using cardio machines. These are available both in the gym or to purchase for your own home. If you want to purchase just one cardio machine, it helps to know which is the best one. This article compares three of the most popular machines, including the treadmill, elliptical, and rowing machine.

**1. Treadmill**

A treadmill is definitely popular to have in your home when you want to use a cardio machine. The newer treadmills have some great features, like being able to track your calories burned and miles walked, along with some other special features. Treadmills are great when you want to keep it in just one spot in your home, such as in your office in front of the TV or next to your bed in the bedroom. They are usually high-quality and durable, as well as providing different ways to workout, such as setting an incline or changing the speed.

**2. Elliptical**

The next type of cardio workout machine to try is the elliptical machine. These are gaining popularity both in the gym and to have at home for your workouts. With elliptical machines, you control the intensity of the workout, so this is a major plus. It really helps you to gain momentum, while also getting a full-body workout. Since you are using your arms and legs, while also tightening your abs, you workout more of your body than with a treadmill. You can go forward or try a reverse stride to workout different muscles. This can also be used in cross training. It is a low-impact exercise that is good even for people with difficulty running or using their joints a lot.

**3. Rowing Machine**

You should also give a rowing machine a try. These can be a lot of fun, as they are low to the ground and have a seat that slides forward and back as you put your arms on the machine. This is another full-body workout, offering both strength training and cardio workouts. Rowing machines are smaller in size, so they are easier to fit in your home. They also frequently fold up, so you can put it in a closet or slide it underneath your bed when not in use. With a rowing machine, you burn calories and fat, gain muscles, and work out both your upper and lower body. It might also be a little less expensive than a treadmill or elliptical machine.