



Sports and Exercise

Workout Machines

Here's a list of common workout machines available for home use.

Some have speed or resistance controls that may be accessible with low vision, and others have touch screens that can be labeled with bump dots or other tactile markings. Be sure to check out the controls on the machines you're interested in, to see what works best for you.

Treadmills let you walk or run indoors on a continuous belt that rolls underfoot. Some let you change the incline to walk or run uphill, and most have rails to help you keep your balance

Elliptical Machines let you walk or run without causing impact to your joints, because your feet stay on the pedal surface, and you move in a gliding motion. Some have moving handles that provide an arm workout as well—these are sometimes called cross-trainers.

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Stair Climbers mimic the activity of climbing a staircase or a ladder. They have handrails for balance, and some have moving handles to provide an arm workout, too. Some machines double as a stair climber and an elliptical.

Rowing Machines provide a seated workout, as if you're rowing a boat. Besides working out your arms and legs, the rowing motion targets back muscles and the abdomen.

Stationary Bikes—also known as exercise bikes, exercycles, spinning bikes, or spinners—let you get a bicycling workout indoors and are available in a variety of styles. Upright bikes usually have a regular bike seat and handlebars, and you ride them like a typical bike. Recumbent bikes let you pedal while sitting in a seat that looks and feels more like a chair.

Arm bikes or arm cycles are smaller machines that provide pedaling action for the arms. Typically, they also can be used for the legs by putting them on the floor instead of a table.

Each time you're physically active, you're one step closer to a healthier, stronger you!

For discussion groups related to sports and exercise and more, explore: <https://hadley.edu/discussion-groups>, or call 800-323-4238.