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7 Best Elliptical Machines of 2024

By [Amanda Capritto](#)



Edited by [Marlo Jappen Porto](#)

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Elliptical machines provide a low-impact way to engage in full-body cardiovascular exercise. They're a smart choice for individuals with joint pain or health conditions that make higher-impact exercise, such as running or walking, difficult.

Brian Duncan, director of rehabilitation and sports medicine at the Rocket Sports Medicine Institute at Memorial Hermann, says that ellipticals allow an opportunity to mimic running without the joint reaction forces, which provides a stronger cardiovascular stimulus.

"This stimulus can provide a greater cardiovascular health benefit and burn more calories," he says.

The NordicTrack FS10i Freestride Trainer is our top pick for the best elliptical machine because it's durable and has lots of resistance levels and incline ranges. The author of this piece, Amanda Capritto, a professional gear reviewer and certified personal trainer, details this machine as well as other top ellipticals for home gyms.

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Best Overall

NordicTrack FS10i Freestride Trainer »

**PROS:**

- ✓ Durable, long-lasting build quality
- ✓ 10-inch touchscreen display
- ✓ Long stride length
- ✓ High user weight capacity
- ✓ Multiple incline and resistance levels
- ✓ 30-day iFIT trial included with purchase

CONS:

- ✗ Expensive
- ✗ iFIT subscription required for full functionality

[Buy From Amazon](#)

With an impressive stride length of 32 inches, 26 digital resistance levels, an incline range of –5 to 10%, and access to some of the best interactive fitness programming available, the NordicTrack FS10i Freestride Trainer is one of the most impressive elliptical trainers available for home use.

The 10-inch HD touchscreen display allows you to stream iFIT workouts, during which the virtual trainers can automatically adjust your machine’s resistance and incline. Focus on putting forth your best effort instead of fiddling with buttons. When you purchase the FS10i, you’ll get a 30-day iFIT membership for free; then, it costs \$180 per year for an individual account of \$396 per year for a family account, which includes up to five profiles.

With iFIT, you get elliptical workouts, strength training, yoga, high-intensity interval training, and more for a well-rounded workout program.

In addition to its impressive tech features, the NordicTrack FS10i features soft-touch padded grips and non-slip pedals with rubber tread. The adjustable tread allows you to use this machine as a stepper or elliptical.

The downsides? The machine is large, requiring a minimum of nearly 12 square feet (more space is recommended) and 6 feet of vertical space. It’s pricey, too, costing about \$2,000. However, financing is available, and for the individual who is serious about elliptical training, the NordicTrack FS10i Freestride Trainer is a worthwhile investment. NordicTrack stands by its product with a 10-year frame warranty.

Specs

List Price:	\$1,999
Dimensions:	58.5 in. L x 29.5 in. W x 74 in. H
Stride Length:	32 in.
Resistance Levels:	26

[Buy From Amazon »](#)

Best Budget

Sunny Health & Fitness Magnetic Elliptical Mac...

**PROS:**

- ✓ Budget-friendly option
- ✓ 330-pound weight capacity
- ✓ 16 resistance levels
- ✓ Backlit LCD screen
- ✓ Multiple fitness metrics displayed

CONS:

- ✗ Shorter stride length
- ✗ Complicated assembly

[Buy From Amazon](#)

Thankfully, not every elliptical machine costs nearly \$2,000. There are plenty of budget-friendly models available, with a favorite of the author's coming from Sunny Health and Fitness, a reputable budget fitness equipment brand.

At a list price of less than \$500 and often on sale for less, the Sunny Health and Fitness Magnetic Elliptical is bare-bones but effective, featuring a simple backlit LCD screen, basic metric tracking, and 16 levels of magnetic resistance. If you want, you can opt for the "smart" version of this elliptical, which features Bluetooth connectivity, for a slightly higher price.

The size and user weight capacity of this machine are impressive. It supports a max user weight of 330 pounds and boasts a hefty build measuring 4.5 feet long by almost 2 feet wide. Customer reviews indicate that this elliptical is surprisingly durable for the price point, and doesn't wobble during use. With a stride length of just 15.5 inches, this elliptical may not work for taller people. According to the brand itself, stride lengths of 15 inches work best for petite individuals 5'3" and under, and 16- to 18-inch stride lengths are best for people who are 5'0" to 5'8".

Individuals who don't like making up their own workouts will love to know that the Sunny Health and Fitness Magnetic Elliptical features 24 built-in workout options, including heart rate training options. You can also use the SunnyFit app for free to stream workouts.

Conveniences on this machine include a water bottle holder, non-slip pedals, transportation wheels, and built-in optical heart rate sensors, making it an excellent budget-friendly elliptical.

Specs

List Price:	\$479.98
Dimensions:	55 in. L x 23 in. W x 64.5 in. H
Stride Length:	15.5 in.
Resistance Levels:	16

[Buy From Amazon »](#)

Best for Small Spaces

Cubii Move Elliptical »

**PROS:**

- ✓ Compact
- ✓ Fits beneath a desk
- ✓ Seated design is great for individuals with physical limitations
- ✓ Weighs less than 20 pounds, making it easy to move

CONS:

- ✗ Doesn't provide a full-body workout
- ✗ Not designed for intense exercise

[Buy From Amazon](#)

When it comes to ellipticals, it doesn't get much smaller than this. The Cubii Move seated elliptical measures just 21.7 by 19.7 by 9.7 inches (LxWxH) and can fit under a [desk](#). Talk about space-saving!

This tiny elliptical features six resistance levels and is a great option for individuals with mobility limitations, as well as those who are looking for a way to be more active during the workday. Weighing less than 20 pounds, you can move this elliptical easily and use it virtually anywhere in your home.

Seeing as the Cubii Move is a seated elliptical, it doesn't provide a full-body workout like traditional ellipticals. Instead, the focus is on the lower body. This machine isn't designed for high-intensity exercise – instead, it's meant to be a quick way to increase overall activity level throughout the day – but it's still a smart option for people with very limited space.

The small LCD monitor displays several metrics, including mileage, duration, stride count, and calories burned. Through the Cubii app, you can access guided programs and more tracking options.

Again, this compact cardio machine isn't the right choice for someone looking for intense, full-body sweat sessions. But, for those on the hunt for something they can use at work or with minimal space, the Cubii Move is it.

Specs

List Price:	\$199
Dimensions:	21.7 in. L x 19.7 in. W x 9.7 in. H
Stride Length:	Not applicable; it's a seated elliptical
Resistance Levels:	6

[Buy From Amazon »](#)

Best for Beginners

Horizon Fitness EX-59 »

**PROS:**

- ✓ Great mid-range starter option
- ✓ Free access to guided workouts via atZone
- ✓ 10 levels of resistance
- ✓ Lifetime warranty on frame
- ✓ Several fitness/workout metrics displayed on screen

CONS:

- ✗ No incline training options
- ✗ Pricey, but financing is available

[Buy From Amazon](#)

The Horizon Fitness EX-59 Elliptical is suitable for beginners who want to get started with elliptical training.

With 10 levels of resistance and an LCD screen that displays several workout metrics, free access to guided workouts via Horizon's app atZone, and a handful of built-in workout options, this cardio machine has all of the features a beginner needs to get started and keep going.

One of the author’s favorite things about the Horizon Fitness brand is that it doesn’t require users to purchase a subscription to use its machines. In fact, Horizon Fitness provides free workouts via the atZone app and encourages use of whatever fitness streaming platform the user wants to follow. With a secure device holder on the elliptical, you can stream workouts from YouTube or any app you’re subscribed to.

The EX-59’s 4.5-inch LCD screen displays key workout metrics, including calories, distance, time elapsed, heart rate, program, speed, time, and watts (power output). Exercisers can choose from four program options: time-based, distance-based, intervals, weight loss — or simply use manual mode.

With a 300-pound user weight capacity and stride length of 18 inches, the Horizon Fitness EX-39 isn’t the most inclusive machine, but is in line with industry standards for the price point. One big bonus: This machine comes with a lifetime warranty on the frame, plus a one-year warranty on parts and labor.

Specs

List Price:	\$999
Dimensions:	74 in. L x 25 in. W x 64.5. H
Stride Length:	18 in.
Resistance Levels:	10

[Buy From Amazon »](#)

Best for Advanced Features

NordicTrack AirGlide 14i Elliptical »

**PROS:**

- ✓ Smart elliptical with interactive training options
- ✓ Auto-adjust resistance, incline, and stride length
- ✓ 14-inch HD touchscreen display
- ✓ Workout fan, soft-touch grips, and cushioned pedals
- ✓ 26 resistance levels
- ✓ -5 to 15% decline/incline

CONS:

- ✗ Expensive
- ✗ Heavy and hard for one person to move

[Buy From NordicTrack](#)

Looking for all of the bells and whistles? You'll want to take a peek at the NordicTrack AirGlide 14i Elliptical. The list price isn't for the faint of heart, but

the features of this machine are sure to wow anyone. (And financing is available for those who qualify.)

Between the high-def 14-inch touchscreen, automatically adjusting resistance and incline, and immersive iFIT workouts, working out on the AirGlide 14i Elliptical is akin to working out in a brick-and-mortar fitness studio, all vibes included.

This machine offers an incredible amount of progression with a decline/incline range of –5 to 10% and 26 digital resistance levels. Plus, the adjustable stride (17.8 to 18.5 inches) allows you to tailor-make your workout to engage muscles differently. A shorter stride mimics stair-stepping, while a longer stride more closely mimics running.

With an iFIT membership (\$180 per year for an individual or \$396 per year for a family), you get access to studio workouts, scenic outdoor-themed sessions, and progressive series. You also get the benefit of AutoAdjust technology, by which your resistance and incline are adjusted during the workout without so much as the press of a button.

This machine’s hefty build isn’t suited to small spaces. It does have front-mounted transport wheels, but weighing about 200 pounds, it may be impossible for just one person to move the elliptical. For those with the budget and the space, the NordicTrack AirGlide 14i Elliptical is a no-brainer purchase.

Specs

List Price:	\$1,799
Dimensions:	69 in. L x 25 in. W x 71 in. H
Stride Length:	17.8-18.5 in. (adjustable stride)
Resistance Levels:	26

[Buy From NordicTrack »](#)

Best for High-Intensity Workouts

ProForm Carbon HIIT H10 »



PROS:

- ✓ Designed for high-intensity interval training
- ✓ 24 levels of resistance
- ✓ 3-year iFIT membership included with purchase at the time of writing
- ✓ Hybrid stepper/elliptical machine increases lower-body engagement

CONS:

- ✗ iFIT subscription required for full machine functionality
- ✗ Stride design may be challenging for those with mobility limitations

[Buy From ProForm](#)

ProForm's Carbon HIIT H10 is designed for high-intensity interval workouts, hence the "HIIT" part of the name. Featuring 24 levels of resistance, this

hybrid stair-stepper and elliptical machine puts a torch to [quads, glutes, and hamstrings](#).

This machine utilizes a 10-inch vertical stride and 5-inch horizontal stride, which more intently engages the lower body musculature than the mostly horizontal stride of traditional elliptical machines. While this is fantastic for individuals searching for a more intense, but still low-impact, way to do cardio exercise, it’s not ideal for individuals with mobility limitations in the hips or knees.

At the time of writing, ProForm is running a deal on the Carbon HIIT H10, whereby if you pay for 36 months of an iFIT subscription up front, you get the machine itself for free. You can pay \$39 per month for 36 months or pay an upfront cost of \$1,404. No matter how you slice it, that’s a pretty stellar deal (and one that ProForm runs very regularly, speaking from the author’s experience with the brand).

With 24 resistance levels and access to hundreds of workouts via iFIT, there is plenty of room for progression with the Carbon HIIT H10. And, though it’s built for high-intensity workouts, you can most certainly use it for low-intensity, steady-state exercise, too.

Specs

List Price:	\$1,799
Dimensions:	52 in. L x 29.25 in. W 66.7 in. H
Stride Length:	10 in. vertical, 5 in. horizontal
Resistance Levels:	24

[Buy From ProForm »](#)

Best for Comfort

Teeter Freestep LT3 »



PROS:

- ✓ Comfortable seated position
- ✓ Elliptical and recumbent bike in one machine
- ✓ Great for individuals with knee, ankle, and/or hip pain
- ✓ Reasonably priced
- ✓ No subscriptions required for use
- ✓ HSA/FSA-eligible

CONS:

- ✗ May not work for shorter individuals
- ✗ Challenging assembly requires multiple people

[Buy From Amazon](#)

Though traditional ellipticals already provide more joint protection than [treadmills](#) and require less mobility than stationary bikes, some individuals

may require more accommodation. If a standard elliptical doesn't meet your needs, consider a recumbent bike and elliptical hybrid, like the Teeter Freestep LT3.

This cardio machine combines the reclined positioning of a recumbent bike with the arm movement of an elliptical, making full-body cardio exercise accessible to individuals with mobility limitations and/or severe joint pain.

The machine's individual features were designed with comfort in mind, too. With a non-slip rubber overlay, the pedals feature a soft inner layer for cushion. The handles have a soft-touch, easy-grip padding. The seat is wide and cushioned, as is the backrest. Plus, with three seat position options and four-way grip on the handles, exercisers can adjust the positioning to their liking.

Based on customer reviews, there are two watch-outs to be aware of regarding the Freestep LT3. First, the machine is large, heavy, and complex, so it may be impossible for just one person to assemble it. Second, a couple of customer reviews indicate that the machine won't work for short individuals. However, the manufacturer website indicates that it's suitable for people as short as 4'11" and up to 6'6".

With 13 resistance levels, there's room for progression. If you're in need of follow-along workouts, you'll be pleased to know that the Teeter Move app is free and features on-demand workouts specific to this recumbent elliptical.

Specs

List Price:	\$999
Dimensions:	62.1 in. L x 32.7 in. W x 55.4 in. H
Stride Length:	Not applicable; it's a seated elliptical
Resistance Levels:	13

[Buy From Amazon »](#)

The Bottom Line

If you like working out on the elliptical machine enough to bring one into your home, there's a lot to consider. The NordicTrack FS10i Freestride Trainer is our best overall pick because it provides the best value for the money. It's durable, comes with a good warranty, has multiple resistance settings and ergonomic adjustments, provides access to interactive fitness classes, and is relatively easy to set up and use.

Things To Consider When Buying Elliptical Machines

As complex as ellipticals are, it's important to research and consider several factors before purchasing one.

Duncan says that "the buyer should know their goals and how it fits into their exercise program and daily routine, understand space and budget constraints, and truly self-evaluate their ability to stay motivated and utilize the equipment on a consistent basis."

Additionally, Dr. Jordan Placella, doctor of physical therapy and founder of Hitting Stride Physical Therapy, says to make sure an elliptical is truly the right machine for you before buying. "Elliptical machines are touted as being more joint-friendly compared to other forms of cardiovascular exercise, such as running or using a treadmill," he says. "This perception stems from several factors which include lower impact for your joints, guided motion, and customizable resistance."

However, these machines aren't for everyone, Dr. Placella points out. "The drawbacks are generally related to factors such as limited muscle activation, repetitive motion, less functional patterns, and limited impact on bone health," he says. "While elliptical training offers cardiovascular benefits, its impact on bone density may not be as

significant as that of weight-bearing exercises such as running or resistance training.”

If bone health is a consideration – and it should be for almost everyone – Dr. Placella recommends complementing elliptical training with other forms of exercise “to ensure a well-rounded fitness routine that addresses muscle balance, bone health, and functional movement patterns.”

All that said, if an elliptical is the right cardio machine for you, here are the factors to consider before buying.

Size and Weight Capacity: Nick Kumar, chief exercise officer at Desi Grit, says the size of the machine should be a priority consideration. If size is a major factor for you, he recommends looking for a foldable model or one that can be wheeled away when it’s not in use. If you do have ample space in your home exercise area, Kumar points out that some of the nicer models take up to 7 feet of floor space and require a good deal of vertical space, too.

Stride Length: Kumar urges taller individuals to look for an elliptical with a longer stride length – and not to settle for one with a short stride length. For context, lower-cost ellipticals generally have shorter stride lengths of just 12 to 15 inches, which may prove uncomfortable for taller folks. Working out on an elliptical with too short of a stride poses a risk for injury. To enjoy a longer, more natural stride, you’ll likely need to buy a more expensive model. Nicer ellipticals may have stride lengths of up to a whopping 32 inches.

Resistance: Resistance is less of a concern for beginners, Kumar says, but it’s still wise to look for an elliptical with multiple resistance levels. “As you get more advanced, you’ll want to increase the intensity of your workout by adjusting these settings,” he says. Higher-end ellipticals often feature more than 20 levels of digital resistance, while budget models typically fall in the range of five to 10.

Display Screen and Metrics Tracking: “Do you want all the bells and whistles such as virtual workout programs, Apple Watch connectivity for tracking, and reliable heart rate monitoring?” Kumar asks. “If so, then you’ll have to pay for a premium model.” While budget-friendly models do usually have backlit LCD screens that display basic metrics, they often aren’t accurate or even consistent. If you want to track your progress over time in a meaningful way, tech features are a must.

Features: Finally, consider other features, such as water bottle holders, fans, and speakers. Comfort items, like cushioned pedals and padded handles, can make a big difference in your overall experience with an elliptical machine.

Warranty: The best home elliptical warranties cover 10 years on the frame, three to five years on parts, and one to two years on labor. However, that's the gold standard, not necessarily the norm. More commonly, you'll see warranties that cover three to seven years on the frame, one to two years on parts, and zero to 12 months on labor. At the very minimum, the author recommends looking for a frame warranty of at least two years.

How We Chose the Best Elliptical Machines

This guide to the best elliptical machines was finalized after considering the author's personal experience with elliptical machines and fitness equipment brands, company policies, customer reviews, and industry expert insights. In addition to hands-on testing and brand experiences, the process involved thoroughly researching elliptical specifications, reading through hundreds of customer reviews online, and interviewing experts. The author consulted with three fitness industry professionals for this guide: [Brian Duncan](#), director of rehabilitation and sports medicine at the Rocket Sports Medicine Institute at Memorial Hermann; [Dr. Jordan Placella](#), PT, DPT, founder of Hitting Stride Physical Therapy; and [Nick Kumar](#), chief exercise officer at Desi Grit.

WHY SHOULD YOU TRUST US?

The author of this guide, [Amanda Capritto](#), is a professional gear reviewer and commerce writer. She specializes in fitness equipment and outdoor gear, and has tested dozens of cardio machines for her work.

She is familiar with the major brand players in the fitness industry, including NordicTrack, Sunny Health & Fitness, ProForm, Horizon Fitness, and Bowflex, to name a few. Capritto has been reviewing fitness equipment for nearly seven years and, as a commerce journalist, is committed to helping consumers make buying

decisions that will positively impact their lives. She is a certified personal trainer, certified sports nutrition coach, and functional training specialist.

[Marlo Jappen Porto](#), U.S. News 360 Reviews editor, is an experienced commerce editor who focuses on fitness products. She has covered a wide range of fitness gear and equipment – from [yoga mats](#) to [rowing machines](#).

FAQ

What are the benefits of using an elliptical machine?



What muscles do elliptical machines work?



How do I get the best workout from elliptical machines?



Are elliptical machines easier on your knees than treadmills?



About Our Team



Amanda Capritto

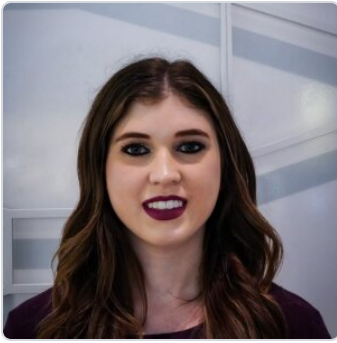
Contributor



Amanda Capritto is a content writer and journalist with extensive experience covering health, fitness, outdoors, and nutrition. She is a certified personal trainer, a sports nutrition coach, and the founder of Smarter Sweat, a fitness coaching business where she focuses on helping individuals reach their full potential in the outdoors.

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Marlo Jappen Porto is a former editor for U.S. News 360 Reviews, focusing on home goods. Prior to joining the team, she was a researcher at NBCUniversal, where she gathered compelling and relevant archival content for live broadcasts. In addition, she has spent years working as an editor and community journalist.

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