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Overview The ProForm Elliptical is a personal fitness machine that has QuickSpeed buttons for quick settings regarding the resistance levels for easy adjustment. It is fully customizable including the stride and it has cushioned pedals for comfort and stability.

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Elliptical machines are popular, in part, because they are easy to use—simply stand on top of large pedals, take hold of the handles, and move legs back and forth in a gliding motion. People also seem to appreciate an elliptical because it can deliver a robust cardio workout without the impact on joints that are experienced with other machines. While less impact on joints is a significant ...

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