



# CRANK UP YOUR CALORIE BURN!

CAN HAND CRANK MACHINES (AKA ARM ERGOMETERS) HELP ME LOSE FAT? WILL THEY ALSO BOOST MY UPPER-BODY STRENGTH?

— CELESTE, VIA EMAIL

**YOU "CRANK" IN THE KITCHEN — NOW TRY IT AT THE GYM!**

**DEAR CELESTE:**

I'm sure that many people have never heard of arm ergometers before so allow me to briefly explain. It is essentially an upper body stationary bicycle with handles for your hands that may or may not have a seat to sit on. Some can also rotate or allow the spinning direction

to be reversed, targeting the upper back muscles. They are mostly used in rehabilitation facilities for maintaining fitness levels and upper body strength while recovering from an injury; however some gyms are popularizing it with group fitness classes.

It is considered to be a non-impact cardio exercise

but it can also help boost upper body strength by increasing the resistance on the machine as you progress. Just as any form of exercise can help elicit fat loss, this one is no different. Just be sure to keep your routine varied with a combination of different cardio & strength exercises.

Q+A



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## RUN THIS WAY

*Running is a great way to burn calories and fat. Use these cues to maintain proper form and make the most of your running intervals.*

- **Run tall and erect**, with your shoulders down and your back straight.
- **Lean forward from your ankles**, not your shoulders and back, to create a slight forward lean.
- **Look directly ahead** to maintain proper form and to avoid hunching.
- **Bend your arms to 90 degrees and pump them** at your sides in a natural rhythm. Think about pushing back with your elbows — this ensures that the swing comes from the arms as opposed to the hands.
- **Land each step underneath your center of mass**, not in front of you: overstriding can put undue stress on joints and may actually make you run slower.

