

Fitness Gear Review:

Quantum Fitness Stride Q-210H Elliptical “The Best-Built, Best Engineered Home Elliptical”

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Highs:

- Total heavy duty commercial quality from top to bottom, intuitive to use, awesome value, and a pleasure to use every single day
- Super quiet, super smooth and easily the most compact Elliptical Machine in its class
- The 210H elliptical you'll be proud to own - 12 programs & latest in technological design

Lows:

- Console display could be more contemporary to match the 210H's amazing attributes
- 20 levels of resistance is ridiculously hard – most mortals could not use beyond level 14
- Control Panel “touch-sensitive buttons” sometimes require multiple presses

About Quantum Fitness

Quantum Fitness Corporation from Stafford, Texas (www.quantumfitness.com) has been in business almost 18 years and they take an enormous amount of pride in designing commercial and residential fitness equipment that stands up and goes beyond what their competitors would incorporate into similarly designed fitness equipment. I love Quantum's bold engineering choices and designs. Their amazing residential Q-210H is no exception—it's their first foray into the home elliptical market and the research I've done confirms the rave ratings and stellar reviews are justified.

The Really Big Crate

Are you kidding me? The 35 foot truck honked in front of my house. I met the burly dude with a really long beard as he opened the trailer door—that's not for me is it? I don't remember ordering a small watercraft... Then I saw the "Quantum Fitness" logo on the crate and thought "I'm in really big trouble now." I convinced the lumberjack driver to help me haul it into my house with his fancy dolly while trying to conceal my 19" arms.



Truth be told, the Q-210H is 90% pre-assembled at the factory and you just have to attach the front console, handlebar support assemblies, and do minor foot prep. Only after you attach the console does it hit you...the design is unique and amazing. Remember, the overall small compact footprint of the 210H is about 43" long x 32" wide x 65" tall, yet it still yields a full club quality 21" stride at half the size! The gross weight is about 300lbs. so ensure you have planned where you permanently want to place the 210H prior to final assembly and delivery. The 210H is absolutely perfect for home gyms and anyone with home space constraints. The Owner's Manual is chock full of tips, operating instructions, and assembly information. Note: Be sure to pay attention to the details of the 210H model because the manual is shared with its big brother elliptical...the 210C. Once you isolate the instructions for the 210H interspersed on several pages, it all makes sense and goes together quite easily with the included tools. You'll come to appreciate the accessory rack, bottle holder, removable upper body arm handles (should your fitness goals change), super cushy foot pedals, contact heart rate handles and included Polar compatible heart strap monitor to be used with the built-in Telemetry Heart Rate Monitoring System. There is also a Fitness Test program which will assess your current cardio conditioning—see page 18 in the manual for all the details.



It's All About You and Your Q-210H

It's still March and early 2008. If you have been procrastinating about your 2008 fitness or health resolutions I have a mandate for you. Get on your computer and either find your local Quantum Fitness dealer (www.quantumfitness.com) and order your Q-210H without delay, or be miserable and continue being in ill health with no one to blame but yourself. From the luxurious padded foot pedals, to the patented 3-dimensional lineage foundation, to the low safe "step into" design and 12 cardio programs, the Quantum 210H is a no brainer choice for your non-impact cardio-fitness routine. By the way, the newly incorporated Center Drive Technology of the 210H places your body directly over the drive mechanism to promote great posture throughout the exercise and allows you to achieve unparalleled stability and balance during your selected exercise program.

Tips From the Heart

About those 12 Exercise Programs—let me give you some details. First, I know I'm not the strongest person in the world and I don't even pretend to be a distance runner. But the resistance levels are really hard after level 12! I mean down-right hard to move the pedals. My advice when setting up your program: when the 210H asks for the "Maximum Resistance" you want to reach, keep it to about 7 until you get a feel for the machine and your own personal aptitude. Also, watch the main top center display for instructions when setting up your exercise programs. I had several friends come over and wanted to see if they could easily set up a program. I kept saying READ the main display...they all went oh yeah! It will guide you and tell you what to press and it really is simple. The programs range from hills, interval training, weight loss, manual, 5K workout, fat burn, cardio, and many custom routines you can program. The 210H console display will give you plenty of feedback during your program and at the conclusion of your fitness routine. At the conclusion (and during your workout) you'll know your total workout time, average heart rate, average strides per minute, total workout calories, average calories per minute, and distance.



The Quantum 210H Elliptical machine is “Sherman Tank” quality, made of commercial grade steel frame. It will easily accommodate users up to 400 pounds (and the frame carries a lifetime warranty with 5 years on all parts)! For an average street price of about \$2,500 you’ll make the very best investment you possibly can—in yourself! For more information about the Quantum 210H Elliptical or Quantum Fitness, be sure to visit their web site at: www.quantumfitness.com

Bruce Pechman The Musclemán of Technology[®] is founder of Musclemán of Technology, LLC. He is a Technology and Fitness Expert appearing regularly on morning news programs, including Fox & Friends, KTLA Morning Show, and Good Morning San Diego with over 150 live TV appearances. Bruce’s moniker reflects his 20 years of technology expertise and 30 years of fitness training. Visit him at www.mrbicep.com