**Stay Fit With The Horizon Fitness EX-59 Elliptical Trainer**

Getting and staying in shape is a tough ordeal for most people especially when it comes to staying fit and healthy. Time constraints often prevent you from joining the gym and getting into shape. Thanks to home trainers and equipment you still can get into shape effectively without the need of taking time out to go to the gym. Investing in a elliptical trainer at home helps and this allows you to save money in the long run as the investment you make is just once.

**Stay Fit With *The Horizon Fitness EX-59 Elliptical Trainer***

One trainer that promises to get you into shape without hassles is *The Horizon Fitness EX-59 Elliptical Trainer*. This is an effective trainer that is a high tech machine and mimics both running and walking reducing the feelings of fatigue that arises from high impacts. This trainer also boosts of MP3 and monitoring for extensive workouts. This means you are able to derive a complete body workout from the comforts and the privacy of your home without hassles at all. The MP3 compatibility also gives you the benefits of surround speakers with a unique LED display that gives you information of the calories burnt and the progress of the user.

**Pros**

*The Horizon Fitness EX-59 Elliptical Trainer* is one that gives you the following benefits. It is ideal for both men and women to get body workouts from the privacy and comforts of their home-

* It is a nice trainer affordable for most homes
* The motion is very slow and you do not get the feeling that you are bouncing
* the machine is a high tech one
* it boosts of high quality
* data tracking is good and easy to read
* you can get many endurance challenges workouts with this machine

Finding the trainer is not a hard task you can get it online from reputed websites like Amazon. This will help you save time from finding it in the local market.

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