BIOMECHANICAL DEVELOPMENT OF THE STEPPING EXERCISE MACHINE FOR TRAINING

TERAUDS, J.
Research Center for Sports
Colorado State University
USA

Today, the most popular training machine for cardiovascular development is the stepping machine, relatively new device for aerobic or anaerobic exercise. The purpose of this paper is to follow the development of the stepping machine from a biomechanical and physiological point of view. This paper discussed the research conducted in the development of the machine, the nature of training possible with the machine and the potential of the stepping machine for training purposes in sports events and for rehabilition. The discussion looks at mechanical and physiological work comparisons and covers the question of local or general training effects.