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# Fun versus Practical: Physiological Responses and Preference of Exercise Equipment

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# *Fun versus Practical: Physiological Responses and Preference of Exercise Equipment*

College of Education and Human Services

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## Abstract

The elliptical cross trainer has become a popular a mode of exercise, but can only be used indoors. The StreetStrider was designed as an outdoor elliptical-bike. **PURPOSE:** The purpose of this study is to determine whether the elliptical or the StreetStrider was more enjoyable, and to compare the physiological variables for energy expenditure, heart rate (HR), VO<sub>2</sub>, and Rate of Perceived Exertion (RPE). **METHODS:** Thirty participants (15 male, 15 female, mean age=22±2) from Cleveland State University exercised for 20 minutes at 75% of their age predicted maximal heart rate on the StreetStrider and elliptical. Energy expenditure was measured with a COSMED K4b metabolic system. Participants' RPE was recorded every five minutes using the Borg Scale for Rate of Perceived Exertion. Data was analyzed using SPSS version 18. A paired sample t-test compared physiological responses. A one-way ANOVA analyzed gender differences. A significance level of .05 was used to determine significance. **RESULTS:** No significant differences were shown in energy expenditure (p=.930), HR (p=.098), or in average RPE (p=.529) between the exercise trials. A preference survey concluded that most subjects found the StreetStrider more enjoyable than the elliptical. **CONCLUSION:** The StreetStrider is more enjoyable than the elliptical and as effective in energy expenditure, and could serve as a substitute for the elliptical.