Hammacher Schlemmer releases $8000 Elliptical Machine Office Desk set

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(Medical Xpress) -- It is no surprise that an exercise regimen of sitting at your desk and typing is not one that will help you to shed those pounds. At least not if you only have a standard office chair to sit on. Sure, you

can get to the gym but most days the amount of time you spend sedentary is not a healthy thing.

One company, Hammacher Schlemmer, believes that they have found a solution to the problem. It is known as the Elliptical Machine Office Desk and as you may have guessed it is a desk chair that is also an elliptical machine. Not one of the stand up models, but a semi-recumbent elliptical trainer with a cushioned seat. According to the company it is able to allow the average desk jockey to burn off about 4000 excess calories in the standard workweek, though there is no word on how much actual pedaling is involved in that calculation.

Like any good exercise machine it has adjustable height, only in this case it is the height of the desk that changes. The desk can adjust from 27- to 47-inches. On the more practical side it does mean that the desk can be used in a variety of positions, including standing. This makes the height range of users 5' 2" to 6' 9", though it does have a weight maximum of 300 pounds, which means that the people who need it most cannot use it.

The Elliptical Machine Office Desk is currently on sale, but since it retails for $8,000 you probably will not see them being installed at your job any time in the near future.

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