

Tousains Introduces Mini Elliptical Machine with Dual Modes for Under-Desk Exercise

Tousains mini elliptical machine offers both speed and resistance modes for under-desk rehabilitation, light cardio, and multi-user home fitness.

CA, UNITED STATES, September 1, 2025 /EINPresswire.com/ -- [Tousains](#) today announced that its mini elliptical machine, designed for under-desk use, continues to gain traction among rehabilitation patients, seniors, and office workers. Unlike most mini ellipticals that provide either resistance or speed adjustment, the [Tousains mini elliptical machine](#) offers both modes in one compact device, with a speed mode for rehabilitation and a resistance mode for light cardio.

Dual-Mode Design Supports Rehabilitation and Light Cardio
For older adults or individuals undergoing rehabilitation, the speed mode of Tousains mini elliptical machine provides low-impact movement that can help maintain

mobility. The resistance mode offers adjustable levels, which can be used to progressively strengthen leg muscles over time. This combination allows users to transition from gentle movement to light cardio exercise as their health condition improves.

The design makes it suitable for all family members. While older adults may focus on rehabilitation and light strength exercises, younger family members can use the resistance mode for low-impact cardio activity.



Growing Demand Amid Sedentary Lifestyle Concerns

According to a 2022 study published in the National Library of Medicine, approximately 54.6% of adults reported sitting six or more hours per day, while 40.6% reported no moderate physical activity. Prolonged inactivity can increase the risk of health issues such as heart disease and weight gain, highlighting the need for accessible home fitness solutions.

Customers' Feedback on the Tousains Mini Elliptical Machine

Since its introduction, users of the Tousains mini elliptical machine have reported benefits across different needs and age groups.

"My legs were starting to feel heavy, with some numbness, and I thought maybe neuropathy was developing. Using the Tousains elliptical every day has made a noticeable difference—my legs feel normal again, without numbness or heaviness," said one consumer.

"My husband has been using the mini elliptical to support recovery from a spinal cord injury. The device engages his leg muscles and helps him gradually regain function. It also assists in keeping his feet properly positioned during use," noted another user.

"I use it before going to bed, and it helps reduce restless legs. I sleep faster and my legs don't kick as much," another consumer commented on the Tousains's social media.

Key Features of the Tousains Mini Elliptical Machine

Compact design: 47.5 cm in length, 42 cm in width, and 26 cm in height; this machine fits into offices and apartments.

No assembly required: The machine comes pre-assembled and ready for immediate use.

Low-impact motion: The elliptical movement is designed to be gentle on joints, suitable for seniors, rehabilitation patients, and beginner users.

Three control methods: On-button screen control, app control, and remote control for easy adjustment.

Non-slip design: The base and pedals are crafted with a textured design, ensuring a safe and effective workout.

LCD display: It monitors workout data in real time. Alternatively, users can download the Tousains app and check previous exercise data.

About Tousains

Tousains is a home fitness equipment company dedicated to creating innovative fitness solutions that improve daily health and wellness. Aiming to make home fitness available for everyone, Tousains is committed to providing space-saving, versatile, affordable, and effective equipment for all. From massage treadmill Walker MS-6s, 3 in 1 rowing machine, portable gym Hivegym, [Cable Machine CR-63](#) to the mini elliptical machine, Tousains offers a range of equipment designed to accommodate various fitness needs and home environments. For more information about Tousains and its range of home fitness equipment, visit

<https://www.tousains.com/>

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