

3 Best Ellipticals for Small Spaces in 2026

Meta Description: Best ellipticals for small spaces in 2026: Compare footprint dimensions, noise levels, and features to find equipment fitting apartments and tight quarters.



Alt text: A woman moving the SOLE E35 elliptical.

Key Takeaways

- Compact ellipticals with footprints under 12 square feet allow for commercial-grade cardio in tight apartment corners and small bedrooms.
- Whisper-quiet magnetic resistance eliminates floor vibrations and noise, making these machines perfect for upstairs apartments with downstairs neighbors.
- Space-saving designs do not sacrifice performance, offering up to 20 resistance levels and power incline for intense home workouts.
- Integrated transport wheels allow users to easily move the machine, making it simple to reclaim floor space for other activities.
- [SOLE Fitness](#) specializes in space-efficient ellipticals like the E25, providing durable home gym solutions backed by lifetime frame warranties.

Why Compact Ellipticals Matter

Finding room for fitness equipment in tight living quarters often feels impossible. But staying active should not require sacrificing your living space.

Modern ellipticals deliver effective cardio workouts while fitting where bulky equipment cannot.

The low-impact nature of elliptical training makes these machines ideal for apartment dwellers concerned about noise and floor vibration.

Unlike treadmills or jump-based workouts, ellipticals keep both feet in contact with pedals, reducing floor vibration and noise transfer—a crucial consideration when you have downstairs neighbors.

Smooth, Natural Motion for Every Body. Top-Rated Home Fitness Ellipticals!



Choose from 2 Proven Series:

- [E25](#) or [E35](#) for affordable performance with up to 25 lb flywheels
- [E95](#), [E95S](#) or [E98](#) for premium with touchscreens and adjustable stride

Why Choose SOLE Ellipticals:

- ✓ Whisper-quiet eddy current resistance system
- ✓ Adjustable pedals prevent foot numbness and discomfort
- ✓ Heavy-duty steel frame supports up to 375 lbs
- ✓ Customizable stride lengths fit all user heights
- ✓ FREE workout classes via SOLE+ app included
- ✓ FREE curbside shipping nationwide

30-Day Money-Back Guarantee: Love it or return it, no questions asked.

[Shop SOLE Ellipticals Now →](#)

The 3 Best Ellipticals for Small Spaces in 2026

1. SOLE E25: Best Overall for Small Spaces



Caption: The SOLE E25's 70-inch by 24-inch footprint fits in corners and bedrooms where standard ellipticals cannot.

Alt text: The SOLE E25 elliptical.

[The SOLE E25](#) earns our top recommendation for small spaces through its remarkably compact 70" x 24" footprint—just 11.7 square feet that fits in corners, bedrooms, and apartments where standard ellipticals simply cannot.

At only 24 inches wide, the E25 slides into narrow spots too tight for wider machines, making it ideal for positioning against walls or in converted closet spaces.

Despite its compact dimensions, the E25 does not sacrifice workout quality. The 20-pound flywheel delivers smooth, consistent motion, while 20 levels each of resistance and power incline provide the training variety typically reserved for larger machines.

SOLE's patented 2-degree inward pedal slope maintains proper joint alignment, and the whisper-quiet magnetic resistance system allows workouts at any hour without disturbing neighbors or sleeping family members.

The 7.5" backlit LCD display shows essential metrics clearly without adding unnecessary bulk, and Bluetooth speakers provide entertainment without external audio equipment consuming additional space. Seven pre-programmed workouts plus two user-defined options deliver structured training variety.

At \$1,199.99, the E25 delivers exceptional value for space-constrained users. The lifetime frame warranty demonstrates SOLE's confidence in construction quality, and the FREE

SOLE+ App provides workout classes without subscription fees. The 350-pound weight capacity ensures stability for users of all sizes despite the compact design.

2. SOLE E35: Best Mid-Range for Small Spaces



Caption: The SOLE E35 adds touchscreen technology while maintaining a reasonably compact footprint suitable for most home gym spaces.

Alt text: The SOLE E35 elliptical.

[The SOLE E35](#) at \$1,599.99 adds touchscreen technology while maintaining a reasonably compact 74" x 31" footprint—approximately 15.9 square feet that still fits comfortably in most home gym spaces.

The additional 4 inches in length and 7 inches in width compared to the E25 provide a substantially upgraded technology experience.

The 10.1" touchscreen with WiFi connectivity, screen mirroring, and preloaded apps transforms workouts with immersive streaming options. Bluetooth speakers and wireless phone charging eliminate cable clutter that makes small spaces feel even smaller. The built-in cooling fan and integrated tablet holder provide features that encourage longer, more consistent workout sessions.

The 25-pound flywheel, 5 pounds heavier than the E25, creates noticeably smoother momentum during high-intensity intervals. The same 20 resistance and 20 incline levels provide training variety, while SOLE's 2-degree inward pedal slope and 3-level pin pedal adjustment ensure proper biomechanics for users of different heights.

Transport wheels enable easy repositioning when you need to reclaim floor space for entertaining or other activities. The lifetime frame warranty and FREE SOLE+ App deliver excellent long-term value.

3. SOLE E95S: Best Premium for Small Spaces



Caption: The SOLE E95S's adjustable stride serves multi-user households needing one machine to accommodate different body types.

Alt text: The SOLE E95S elliptical.

[The SOLE E95S](#) may seem counterintuitive for small spaces at 84" x 32", but its power adjustable stride from 18" to 24" actually serves space-constrained users uniquely well.

The ability to shorten the stride length to 18 inches creates a more compact movement pattern suitable for lower ceiling heights and tighter positioning, while the option to extend to 24 inches ensures taller family members can still use the machine comfortably.

The E95S is one of the most affordable adjustable stride ellipticals on the market, and this versatility proves particularly valuable in multi-user households where a single machine must accommodate different body types without purchasing multiple pieces of equipment. The 30-pound flywheel delivers exceptionally smooth operation.

The 13.3" touchscreen with WiFi, preloaded apps, and wireless charging provides premium entertainment, while screen mirroring streams content from your devices. The 400-pound weight capacity ensures stability for larger users, and the lifetime frame warranty with 3 years parts coverage protects your investment.

At \$2,499.99, the E95S represents a significant investment, but for households needing one machine to serve multiple users with different stride requirements, it eliminates the need for additional equipment that would consume even more valuable floor space.

3 Best Ellipticals for Small Spaces in 2026 Comparison Table

Feature	SOLE E25	SOLE E35	SOLE E95S
Price	\$1,199.99	\$1,599.99	\$2,499.99
Best For	Smallest footprint	Mid-range with tech	Adjustable stride
Footprint (LxW)	70" x 24"	74" x 31"	84" x 32"
Square Feet	~11.7 sq ft	~15.9 sq ft	~18.7 sq ft
Flywheel	20 lbs	25 lbs	30 lbs
Stride Length	Fixed	Fixed	18–24" Adjustable
Resistance Levels	20	20	20
Incline Levels	20	20	None
Display	7.5" LCD	10.1" Touchscreen	13.3" Touchscreen
WiFi	No	Yes	Yes
Weight Capacity	350 lbs	350 lbs	400 lbs
Unit Weight	209 lbs	211 lbs	265 lbs
Frame Warranty	Lifetime	Lifetime	Lifetime
FREE SOLE+ App	Yes	Yes	Yes

How To Position an Elliptical in a Tight Space

Corner Placement

Corners offer natural efficiency by utilizing otherwise awkward space. Position your elliptical diagonally with the rear in the corner itself, keeping the console and entry point accessible. The E25's narrow 24-inch width particularly excels in corner positioning where wider machines would protrude awkwardly into the room.

Clearance Requirements

Plan for approximately 20 inches behind the elliptical and 10–12 inches on each side for safe operation. Ceiling clearance should accommodate user height plus 12 inches to account for elevation during pedaling. The E25's complete operational space requirement of approximately 25–30 square feet remains manageable even in studio apartments.

Transport Wheel Benefits

All SOLE ellipticals include transport wheels enabling single-person repositioning. Tilt the rear of the machine and roll it to new locations when you need to reclaim floor space for entertaining or reconfigure your workout area seasonally.

Why Choose The SOLE Ellipticals for Your Small Spaces



Caption: Compact dimensions no longer require compromised workouts when thoughtful engineering prioritizes space efficiency without sacrificing performance.

Alt text: The SOLE E95S elliptical.

For space-constrained fitness enthusiasts, [SOLE ellipticals](#) deliver the rare combination of genuinely compact footprints and commercial-quality workout capabilities.

The E25 is the best overall choice with its remarkably compact 70" x 24" footprint fitting in corners and bedrooms where standard ellipticals cannot, while still providing 20 resistance levels, 20 incline levels, and SOLE's patented joint-protective pedal design.

The E35 adds touchscreen technology and WiFi connectivity for users with slightly more available space who value entertainment integration.

The E95S serves multi-user households through its adjustable stride that accommodates different body types without requiring multiple machines. All three models feature whisper-quiet operation ideal for apartments, transport wheels enabling easy repositioning, lifetime frame warranties substantially outperforming competitors, and the FREE SOLE+ App.

For fitness enthusiasts who understand that limited square footage should not mean limited workout options, SOLE ellipticals represent smart investments in space-efficient fitness.

[**Shop the SOLE elliptical collection today!**](#)

Frequently Asked Questions (FAQs)

How much space do I actually need for a SOLE elliptical?

The SOLE E25 requires approximately 25–30 square feet of total operational space, including the 70" x 24" footprint plus recommended clearances. This fits comfortably in most bedrooms, home offices, or dedicated corners of living areas. The E35 needs approximately 35–40 square feet, while the E95S requires 40–45 square feet for comfortable operation.

Can I use a SOLE elliptical in an upstairs apartment?

Yes, SOLE ellipticals excel in apartment environments. The magnetic resistance systems operate whisper-quiet, and the smooth flywheels eliminate the jarring impacts that transfer through floors. Position the machine on an equipment mat for additional vibration dampening, and your downstairs neighbors should not notice your workouts regardless of intensity or timing.

Do compact SOLE ellipticals sacrifice workout quality?

No. The E25's compact 70" x 24" footprint still delivers 20 resistance levels, 20 power incline levels, and SOLE's patented 2-degree inward pedal design. The primary trade-off is display size (7.5" LCD versus touchscreens on larger models) rather than workout effectiveness. You receive the same joint-protective design, smooth flywheel operation, and FREE SOLE+ App access regardless of which model you choose.

Why should I choose SOLE ellipticals for small spaces over competitors?

[SOLE ellipticals](#) deliver superior small-space value through their combination of genuinely compact dimensions, whisper-quiet operation, and refusal to sacrifice workout quality for space efficiency. Our lifetime frame warranties substantially outperform industry standards, ensuring your investment in limited floor space delivers long-term fitness returns.

***Disclaimer:** *Products and prices mentioned in this article are accurate as of the date of publication and are subject to change. Please visit the [official SOLE website](#) for the most current information.*