

ELLIPTICAL

Information and Conditioning

PROPER POSTURE & FORM

- Stand tall with a slight forward lean at the hips (not leaning in a hunched forward position with rounded shoulders and upper back "locking" closed).
- Push your shoulders down and away from your ears. Relax a slight bend at the elbows.
- Hold the handles with a light grip and keep elbows relaxed.
- Keep your feet in contact with the pedals at all times. The foot should remain flat against the footplate (no "planting" or "pulling" motion).
- During both the forward and backward motion, avoid bouncing as this allows you to use gravity to help you move the pedals rather than your muscles resulting in a less effective workout.
- Throughout your pedal stroke to the edge of the pedal, you can place "heel" pressure on the heel or forefoot and back, depending on the stride length you prefer. Heel driving is best.

REAR FLYWHEEL

HEALTH BENEFITS

Weight Loss

Elliptical training is a low-impact, high-calorie-burning workout that can help you lose weight and improve your overall health.

Cardiovascular

Elliptical training is a low-impact, high-calorie-burning workout that can help you lose weight and improve your overall health.

Joint Health

Elliptical training is a low-impact, high-calorie-burning workout that can help you lose weight and improve your overall health.

FOOT PEDALS

Larger foot pedals, allow you to adjust your stride length by positioning your feet at different ends of the pedals.



MOVING HANDLES

Move the handles and push the handles together from your upper body muscles.

STATIONARY HANDLES

Use these handles to get on and off the machine. Grip the handles lightly as you can maintain proper posture. Do not lean on them.

CONSOLE

Set your age and weight. Select a pre-determined program or set to manual mode. Display screen will show speed, time, incline, distance and other factors.

CORD RAILS/STAIRS

MOVEMENT

Most elliptical machines can be pedaled forward and backward. In addition the resistance and incline can be adjusted.

Forward Motion - involves a running motion with substantial quadriceps and hamstring work.

Backward Motion - involves a strong motion with greater gluteus, quadriceps and calf involvement.

Pushing Forward - greater quadriceps work.

Pulling Backward - greater hamstring work.

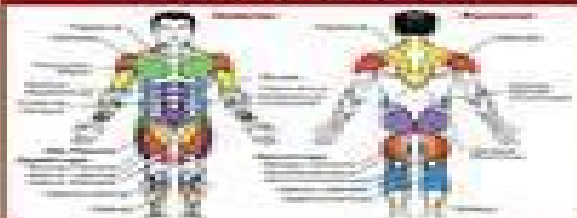
ELLIPTICAL BASICS

1. Stand tall with a slight forward lean at the hips (not leaning in a hunched forward position with rounded shoulders and upper back "locking" closed).
2. Push your shoulders down and away from your ears. Relax a slight bend at the elbows.
3. Hold the handles with a light grip and keep elbows relaxed.
4. Keep your feet in contact with the pedals at all times. The foot should remain flat against the footplate (no "planting" or "pulling" motion).
5. During both the forward and backward motion, avoid bouncing as this allows you to use gravity to help you move the pedals rather than your muscles resulting in a less effective workout.
6. Throughout your pedal stroke to the edge of the pedal, you can place "heel" pressure on the heel or forefoot and back, depending on the stride length you prefer. Heel driving is best.
7. The rear flywheel is a large wheel that provides resistance to the motion of the pedals.
8. The console is a small screen that displays information about your workout, such as speed, time, distance, and calories burned.

THE WORKOUT

1. Warm-up: Start with a low resistance and a slow pace for 5 minutes.
2. Main workout: Increase the resistance and the pace to a moderate level. Aim for 20-30 minutes of continuous motion.
3. Cool-down: Gradually decrease the resistance and the pace for 5 minutes.
4. Stretching: Perform light stretching exercises for the major muscle groups used during the workout.
5. Heart rate monitoring: Use a heart rate monitor to track your heart rate during the workout. Aim for a heart rate between 140 and 160 beats per minute.
6. Calorie burn: Aim to burn at least 300-400 calories during the workout.
7. Frequency: Aim to workout 3-4 times per week.
8. Progression: Gradually increase the resistance and the pace over time to continue to challenge your body.

MUSCLES WORKED



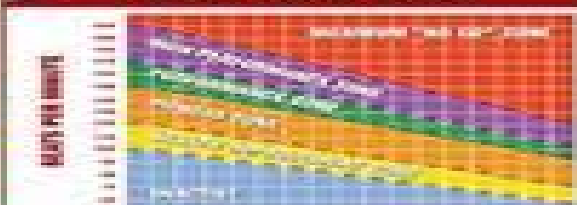
SAFETY

1. Always use proper posture and form.
2. Start with a low resistance and a slow pace.
3. Increase the resistance and the pace gradually.
4. Avoid overexertion and fatigue.
5. Stop if you feel pain or discomfort.
6. Use the handrails for support and balance.
7. Keep your feet flat on the pedals.
8. Avoid wearing loose clothing or jewelry.
9. Stay hydrated and take breaks as needed.
10. Consult a doctor if you have any medical conditions.
11. Use the emergency stop button if you need to stop quickly.
12. Keep the machine clean and well-maintained.
13. Follow the manufacturer's instructions.
14. Use the machine on a flat, hard surface.
15. Avoid using the machine if you are pregnant or have a heart condition.

SELECT YOUR ZONE



HEART RATE ZONE



The elliptical is a low-impact, high-calorie-burning workout that can help you lose weight and improve your overall health.

www.productivefitness.com

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Elliptical Machine Chart Poster

Emilie Sanchez

A red circular graphic with a gradient, appearing as a semi-circle or a partial circle, located to the right of the author's name.

Elliptical Machine Chart Poster:

Unveiling the Energy of Verbal Beauty: An Emotional Sojourn through **Elliptical Machine Chart Poster**

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