

ELLIPTICAL

Information and Conditioning

PROPER POSTURE & FORM

- Stand tall with a slight forward lean at the hips (not swiveling 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 handlebars with a light grip and loose elbows. Always keep your feet in contact with the pedals at all times. This is most obvious with circular feet. Keep your arms straight. Bumpy elbows "through" the handlebars.
- 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.
- Keep your feet parallel to the edge of the pedal; you can place "heel" boards at the front of the foot, depending on the stride length you prefer. Heel boards limit up.

REAR FLYWHEEL

HEALTH BENEFITS

Weight Loss

Elliptical machines are a great way to burn calories and lose weight. A 150 lb person can burn approximately 300-500 calories per session, depending on intensity and duration.

Cardiovascular

Elliptical machines provide a low-impact cardiovascular workout that improves heart health and circulation. Regular use can help lower blood pressure and improve overall cardiovascular fitness.

Joints

Elliptical machines are gentle on the joints, making them an ideal choice for people with arthritis or other joint issues. The smooth motion reduces the risk of injury and allows for a longer, more comfortable workout.

FOOT PEDALS

Larger foot pedals, often also adjustable, allow you to position your feet at different parts of the pedals.



MOVING HANDLEBARS

Move the handlebars and push the handlebars against your upper body muscles.

STATIONARY HANDLEBARS

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 preferred program or set to manual mode. Display screen will show heart rate, mph, distance and other factors.

CORD RAILS/STAIRS

MOVEMENT

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

Forward Motion - motion including motion with substantial quadriceps and hamstring work.

Backward Motion - motion is being motion with greater gluteus, quadriceps and calf involvement.

Pushing Forward - greater quadriceps work.

Pushing Backward - greater hamstring work.

ELLIPTICAL BASICS

It takes a few days to get used to the elliptical motion. Here are some tips to help you get started.

1. Start with a low resistance and a slow pace. Gradually increase the resistance and speed as you become more comfortable.
2. Keep your feet flat on the pedals. Avoid lifting your feet off the pedals.
3. Keep your arms straight and your elbows close to your body. Push the handlebars forward and back.
4. Keep your core muscles engaged. This will help you maintain a steady pace.
5. Keep your head up and your neck relaxed. Avoid looking down at your feet.
6. Keep your breathing steady. Breathe in and out rhythmically.
7. Keep your feet flat on the pedals. Avoid lifting your feet off the pedals.
8. Keep your arms straight and your elbows close to your body. Push the handlebars forward and back.

THE WORKOUT

Elliptical machines are a great way to get a full-body workout. They provide a low-impact cardiovascular workout that improves heart health and circulation. Regular use can help lower blood pressure and improve overall cardiovascular fitness. Elliptical machines also provide a strength training workout that targets the muscles of the legs, arms, and core. This makes them a great choice for people who want to improve their overall fitness and burn calories.

MUSCLES WORKED



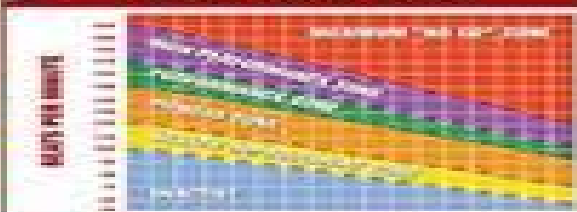
SAFETY

1. Always use proper form and technique when using an elliptical machine.
2. Start with a low resistance and a slow pace. Gradually increase the resistance and speed as you become more comfortable.
3. Keep your feet flat on the pedals. Avoid lifting your feet off the pedals.
4. Keep your arms straight and your elbows close to your body. Push the handlebars forward and back.
5. Keep your core muscles engaged. This will help you maintain a steady pace.
6. Keep your head up and your neck relaxed. Avoid looking down at your feet.
7. Keep your breathing steady. Breathe in and out rhythmically.
8. Keep your feet flat on the pedals. Avoid lifting your feet off the pedals.

SELECT YOUR ZONE



HEART RATE ZONE



The elliptical machine is a great way to get a full-body workout. It provides a low-impact cardiovascular workout that improves heart health and circulation. Regular use can help lower blood pressure and improve overall cardiovascular fitness.

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Elliptical Machine Chart Poster

J Rink



Elliptical Machine Chart Poster:

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