

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, using the entire foot to push against the pedals.
- 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" forward and "toe" on the back, depending on the stride length you prefer. Heel moving forward.

REAR FLYWHEEL

HEALTH BENEFITS

Weight Loss

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

Cardiovascular

Elliptical training is a cardiovascular exercise that can help you improve your heart health and increase your endurance.

Joints

Elliptical training is a low-impact exercise that can help you protect your joints and reduce the risk of injury.

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 against 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 against 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 - 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 machine. 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 against the pedals at all times. The foot should remain flat against the footplate, using the entire foot to push against the pedals.
3. Hold the handles with a light grip and keep elbows relaxed.
4. Keep your back straight and your head up. Avoid leaning forward or backward.
5. Breathe in through your nose and out through your mouth. Avoid holding your breath.
6. Start with a low resistance and a slow pace. Gradually increase the resistance and speed as you become more comfortable.
7. Keep your feet flat against the pedals at all times. The foot should remain flat against the footplate, using the entire foot to push against the pedals.
8. Hold the handles with a light grip and keep elbows relaxed.
9. Keep your back straight and your head up. Avoid leaning forward or backward.
10. Breathe in through your nose and out through your mouth. Avoid holding your breath.

THE WORKOUT

The elliptical machine is a great way to get a full-body workout. It's a low-impact exercise that can help you burn calories and improve your cardiovascular health. The machine has two pedals and two handles. You can adjust the resistance and the incline. The resistance is the amount of force you need to push or pull the handles. The incline is the angle of the pedals. You can adjust the resistance and the incline to make the workout more challenging. The machine also has a console that shows your speed, time, distance, and calories burned. You can also use the console to set a program. There are several programs to choose from, including a fat burn program, a heart rate program, and a calorie burn program. You can also set your own program. The machine is easy to use and it's a great way to get a full-body workout.

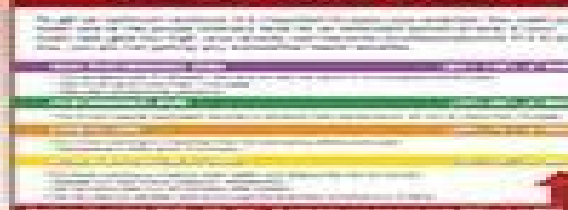
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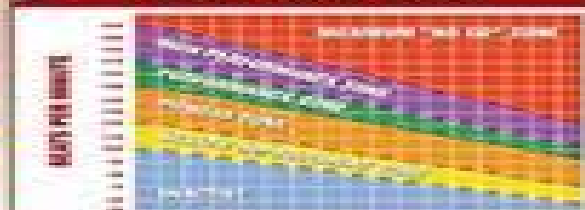
SAFETY

1. Always use proper form and technique when using the elliptical machine.
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10. Keep your back straight and your head up. Avoid leaning forward or backward.

SELECT YOUR ZONE



HEART RATE ZONE



The elliptical machine is a great way to get a full-body workout. It's a low-impact exercise that can help you burn calories and improve your cardiovascular health.

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