

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.
- Keep your feet parallel to the edge of the pedal; you can place "heel" boards at the front of the footplate, depending on the stride length you prefer. Make sure they are lined up.

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 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 - motion including motion with substantial quadriceps and hamstring work.

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

Pushing Forward - greater quadriceps work.

Pulling 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 footplate. Avoid lifting your feet off the pedals.
3. Push the handles forward and backward in a controlled motion. Avoid pulling the handles down or up.
4. Keep your back straight and your core engaged. Avoid rounding your back or slouching.
5. Breathe in through your nose and out through your mouth. Avoid holding your breath.
6. Start with a 10-minute workout and gradually increase the time as you become more comfortable.
7. Listen to your body. If you feel any pain or discomfort, stop the workout immediately.
8. Consult your doctor before starting any new exercise program.

THE WORKOUT

1. Warm-up: 5 minutes at low resistance and speed.
2. Main workout: 20 minutes at moderate resistance and speed.
3. Cool-down: 5 minutes at low resistance and speed.
4. Total workout: 30 minutes.
5. Resistance: Start at level 5 and increase to level 10 over the course of the workout.
6. Speed: Start at 4.0 mph and increase to 5.0 mph over the course of the workout.
7. Incline: Start at 0% and increase to 10% over the course of the workout.
8. Heart rate: Monitor your heart rate throughout the workout. Aim for a heart rate between 140 and 160 bpm.
9. Calories burned: Approximately 300-400 calories.
10. Post-workout: Stretch and hydrate.

MUSCLES WORKED



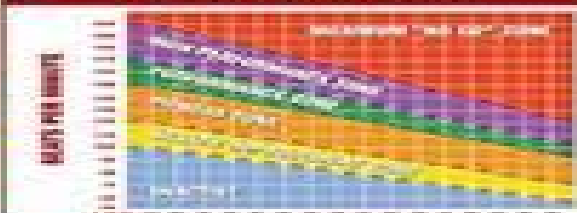
SAFETY

1. Always use proper posture and form.
2. Start with a low resistance and speed.
3. Keep your feet flat against the footplate.
4. Push the handles forward and backward in a controlled motion.
5. Keep your back straight and your core engaged.
6. Breathe in through your nose and out through your mouth.
7. Start with a 10-minute workout and gradually increase the time.
8. Listen to your body.
9. Consult your doctor before starting any new exercise program.
10. 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 exercise that can help you lose weight and improve your overall health.

www.productivefitness.com

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Elliptical Machine Chart Poster

Clifford Lane

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:

Elliptical Machine Chart Poster Book Review: Unveiling the Power of Words

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