

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 sticking forward).
- 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.
- Whenever your feet are on the edge of the pedals, you can place them forward or backward on the footplate, depending on the stride length you prefer. Feet should be set 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 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, rate, 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 motion.

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 steps to get on an elliptical machine. Here are some tips:

1. Stand on the foot pedals with your feet flat on the footplate.
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, using the entire foot to push against the pedals.
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. Whenever your feet are on the edge of the pedals, you can place them forward or backward on the footplate, depending on the stride length you prefer.
7. Set your age and weight. Select a pre-determined program or set to manual mode. Display screen will show speed, time, rate, distance and other factors.
8. Use the console to adjust the resistance and motion.

THE WORKOUT

Elliptical training is a low-impact, high-calorie-burning exercise that can help you lose weight and improve your overall health. It is a cardiovascular exercise that can help you improve your heart health and increase your endurance. It is a low-impact exercise that can help you protect your joints and reduce the risk of injury. It is a great exercise for people of all ages and fitness levels. It is a great exercise for people who are looking for a low-impact, high-calorie-burning exercise that can help them lose weight and improve their overall health. It is a great exercise for people who are looking for a low-impact, high-calorie-burning exercise that can help them lose weight and improve their overall health. It is a great exercise for people who are looking for a low-impact, high-calorie-burning exercise that can help them lose weight and improve their overall health.

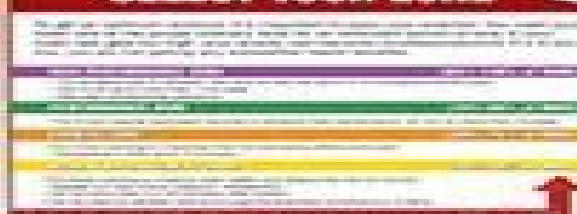
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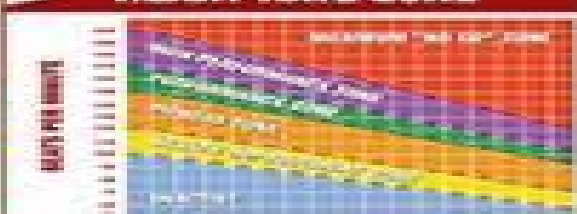
SAFETY

1. Always use proper form and technique when using an elliptical machine.
2. Start with a low resistance and gradually increase it as you become more comfortable.
3. Avoid using the machine if you are feeling dizzy, lightheaded, or have any other symptoms that may indicate a health problem.
4. Stop using the machine if you feel any pain or discomfort.
5. Always use the safety key to stop the machine in case of an emergency.
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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.

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Elliptical Machine Chart Poster

L Darling-Hammond

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.

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