

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 "caving" forward).
- 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 important with circular feet. Keep your arms straight. Breathe through the nose.
- 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. Make sure they are lined up.

REAR FLYWHEEL

HEALTH BENEFITS

Weight Loss

Elliptical machines are a great way to burn calories and lose weight. They provide a low-impact, full-body workout that can help you achieve your weight loss goals.

Cardiovascular

Elliptical machines are a great way to improve your cardiovascular health. They provide a low-impact, full-body workout that can help you achieve your cardiovascular goals.

Joints

Elliptical machines are a great way to protect your joints. They provide a low-impact, full-body workout that can help you achieve your joint health goals.

FOOT PEDALS

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

Speed stride - motion including motion with substantial quadriceps and hamstring work.

Power stride - motion is being motion with greater gluteus, quadriceps and calf involvement.

Pushing forward - greater quadriceps work.

Pushing backward - greater hamstring work.

ELLIPTICAL BASICS

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6. 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.
7. 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.
8. Most elliptical machines can be pedaled forward and backward. In addition the resistance and incline can be adjusted.
9. **Speed stride** - motion including motion with substantial quadriceps and hamstring work.
10. **Power stride** - motion is being motion with greater gluteus, quadriceps and calf involvement.
11. **Pushing forward** - greater quadriceps work.
12. **Pushing backward** - greater hamstring work.

THE WORKOUT

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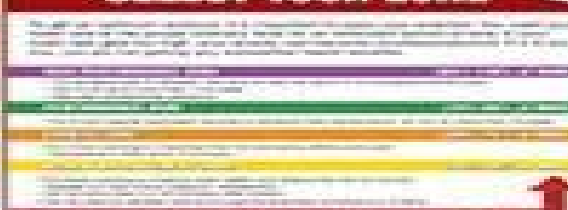
MUSCLES WORKED



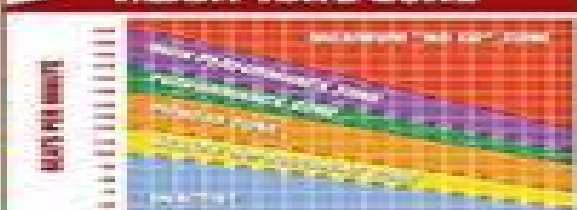
SAFETY

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SELECT YOUR ZONE



HEART RATE ZONE



The elliptical is a great way to burn calories and lose weight. It provides a low-impact, full-body workout that can help you achieve your weight loss goals.

www.productivefitness.com

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Elliptical Machine Chart Poster

Patrick Vollmar



Elliptical Machine Chart Poster:

Whispering the Strategies of Language: An Emotional Journey through **Elliptical Machine Chart Poster**

In a digitally-driven earth wherever displays reign great and quick interaction drowns out the subtleties of language, the profound strategies and psychological subtleties hidden within words frequently go unheard. However, situated within the pages of **Elliptical Machine Chart Poster** a fascinating fictional prize pulsating with raw thoughts, lies an extraordinary quest waiting to be undertaken. Penned by an experienced wordsmith, this marvelous opus invites viewers on an introspective trip, gently unraveling the veiled truths and profound impact resonating within ab muscles fabric of each and every word. Within the psychological depths with this poignant evaluation, we can embark upon a genuine exploration of the book is core themes, dissect its fascinating writing model, and fail to the effective resonance it evokes deep within the recesses of readers hearts.

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Elliptical Machine Chart Poster Introduction

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