

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. Do not swing your feet or "float" feet.
- During 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" or "ball" of the foot, 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 together from upper body motion.

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 record 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 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 little time to get on an elliptical machine. Here are some tips:

1. Stand on the foot pedals with your feet flat on the pedals.
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. Do not swing your feet or "float" feet.
5. During 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. Throughout your pedal stroke to the edge of the pedal, you can place "heel" forward and "toe" or "ball" of the foot, depending on the stride length you prefer. Heel moving forward.
7. Use the console to set your age and weight. Select a pre-determined program or set to manual mode. Display screen will record heart rate, mph, distance and other factors.
8. Use the console to set your age and weight. Select a pre-determined program or set to manual mode. Display screen will record heart rate, mph, distance and other factors.

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 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.

MUSCLES WORKED



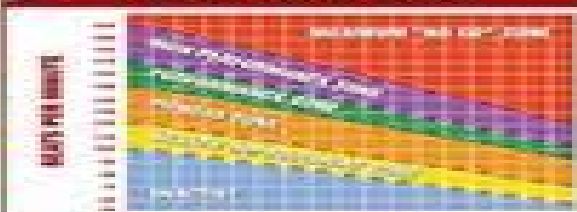
SAFETY

1. Always use proper posture and form.
2. Do not use the machine if you have any medical conditions that may be affected by exercise.
3. Do not use the machine if you are pregnant or have any medical conditions that may be affected by exercise.
4. Do not use the machine if you are taking any medication that may be affected by exercise.
5. Do not use the machine if you are feeling dizzy or lightheaded.
6. Do not use the machine if you are feeling any pain or discomfort.
7. Do not use the machine if you are feeling any fatigue or exhaustion.
8. Do not use the machine if you are feeling any other symptoms that may be affected by exercise.

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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henley was convicted in 1974 219 for his role as a participant in a series of murders known colloquially as the houston mass murders in which a minimum of 28 teenage boys and young men were abducted tortured raped and murdered by dean corll between 1970 and 1973

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