

# ELLIPTICAL

## Information and Conditioning

### PROPER POSTURE & FORM

- Stand tall with a slight forward lean at the hips (not slouching) in a balanced forward position with rounded shoulders and upper back. Keeping 15cm.
- 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 obvious 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 them forward or back on the foot, 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 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. Only the handlebars 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 can show speed, heart rate, time, 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.

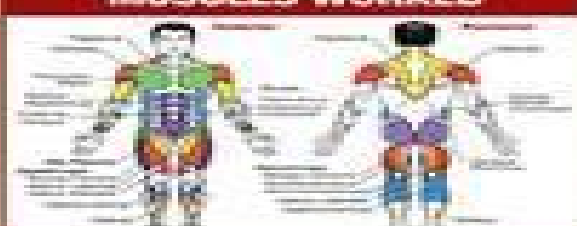
### ELLIPTICAL BASICS

1. Stand tall with a slight forward lean at the hips (not slouching) in a balanced forward position with rounded shoulders and upper back. Keeping 15cm.
2. Push your shoulders down and away from your ears. Relax a slight bend at the elbows.
3. 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 obvious with circular feet. Keep your arms straight. Breathe through the nose.
4. 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.
5. Keep your feet parallel to the edge of the pedal, you can place them forward or back on the foot, depending on the stride length you prefer. Feet should be set up.
6. Elliptical training is a low-impact exercise that can help you protect your joints and reduce the risk of injury.
7. Elliptical training is a cardiovascular exercise that can help you improve your heart health and increase your endurance.
8. Elliptical training is a low-impact, high-calorie-burning exercise that can help you lose weight and improve your overall health.

### THE WORKOUT

1. Warm-up: 5 minutes at a low resistance and speed.
2. Main workout: 20-30 minutes at a moderate resistance and speed.
3. Cool-down: 5 minutes at a low resistance and speed.
4. Total workout time: 30-40 minutes.
5. Resistance: Adjust the resistance to a level that challenges you but allows you to maintain proper form.
6. Speed: Adjust the speed to a level that challenges you but allows you to maintain proper form.
7. Heart rate: Monitor your heart rate during the workout to ensure you are working at a target heart rate zone.
8. Calories burned: Estimate the number of calories burned during the workout based on your weight, speed, and resistance.

### MUSCLES WORKED



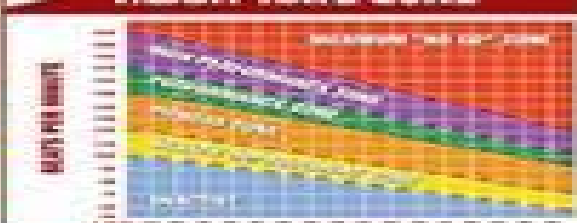
### SAFETY

1. Always use proper form and technique.
2. Start with a low resistance and speed and gradually increase as you become more comfortable.
3. Avoid overexertion and listen to your body.
4. Stop if you feel pain or discomfort.
5. Use the handrails for support and balance.
6. Keep your feet flat on the pedals.
7. Breathe through the nose.
8. Stay hydrated during the workout.
9. Consult a doctor if you have any pre-existing conditions.
10. Use the emergency stop button if you need to stop the machine.

### 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

**G Orfield**



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