

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 "caving" in).
- 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, ensuring a consistent "pushing" 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.
- Throughout your pedal stroke to the edge of the pedal, you can place "heel, toe, heel" on the footplate, ensuring the foot is straight through your pedal stroke during the entire stroke.

REAR FLYWHEEL

HEALTH BENEFITS

Weight Loss

Elliptical training is a low-impact, high-calorie-burning workout that can help you lose weight and improve your overall health.

Cardiovascular

Elliptical training is a cardiovascular workout that can help you improve your heart health and increase your endurance.

Joints

Elliptical training is a low-impact workout 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 - involves a pushing motion with substantial quadriceps and hamstring work.

Backward Motion - involves a pulling 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. Focus on your posture and form. Keep your back straight and your feet flat on the pedals.
3. Use the handles to help you maintain your balance and control your motion.
4. Start with a low incline and gradually increase it as you become more comfortable.
5. Focus on your breathing. Breathe in and out rhythmically.
6. Keep your feet flat on the pedals. Avoid lifting your feet off the pedals.
7. Start with a low resistance and a slow pace. Gradually increase the resistance and speed as you become more comfortable.
8. Focus on your posture and form. Keep your back straight and your feet flat on the pedals.

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.
6. Speed: Start at 4.0 mph and increase to 6.0 mph.
7. Incline: Start at 0% and increase to 10%.
8. Heart rate: Monitor your heart rate throughout the workout.
9. Breathing: Breathe in and out rhythmically.
10. Posture: Keep your back straight and your feet flat on the pedals.

MUSCLES WORKED



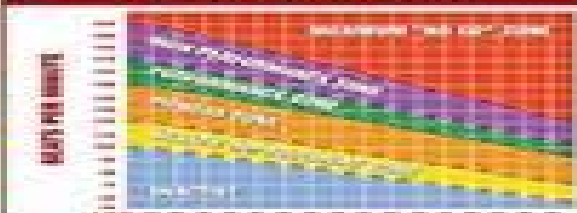
SAFETY

1. Always use proper posture and form.
2. Start with a low resistance and a slow pace.
3. Gradually increase the resistance and speed as you become more comfortable.
4. Focus on your breathing.
5. Keep your feet flat on the pedals.
6. Avoid lifting your feet off the pedals.
7. Start with a low resistance and a slow pace.
8. Gradually increase the resistance and speed as you become more comfortable.
9. Focus on your posture and form.
10. Keep your back straight and your feet flat on the pedals.

SELECT YOUR ZONE



HEART RATE ZONE



The elliptical is a low-impact, high-calorie-burning workout that can help you lose weight and improve your overall health.

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SJ Ball



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Elliptical Machine Chart Poster: Bestsellers in 2023 The year 2023 has witnessed a remarkable surge in literary brilliance, with numerous compelling novels enthralling the hearts of readers worldwide. Lets delve into the realm of top-selling books, exploring the fascinating narratives that have charmed audiences this year. The Must-Read : Colleen Hoover's "It Ends with Us" This poignant tale of love, loss, and resilience has captivated readers with its raw and emotional exploration of domestic abuse. Hoover skillfully weaves a story of hope and healing, reminding us that even in the darkest of times, the human spirit can triumph. Elliptical Machine Chart Poster : Taylor Jenkins Reids "The Seven Husbands of Evelyn Hugo" This captivating historical fiction novel unravels the life of Evelyn Hugo, a Hollywood icon who defies expectations and societal norms to pursue her dreams. Reids compelling storytelling and compelling characters transport readers to a bygone era, immersing them in a world of glamour, ambition, and self-discovery. Discover the Magic : Delia Owens "Where the Crawdads Sing" This evocative coming-of-age story follows Kya Clark, a young woman who grows up alone in the marshes of North Carolina. Owens crafts a tale of resilience, survival, and the transformative power of nature, captivating readers with its evocative prose and mesmerizing setting. These popular novels represent just a fraction of the literary treasures that have emerged in 2023. Whether you seek tales of romance, adventure, or personal growth, the world of literature offers an abundance of engaging stories waiting to be discovered. The novel begins with Richard Papen, a bright but troubled young man, arriving at Hampden College. Richard is immediately drawn to the group of students who call themselves the Classics Club. The club is led by Henry Winter, a brilliant and charismatic young man. Henry is obsessed with Greek mythology and philosophy, and he quickly draws Richard into his world. The other members of the Classics Club are equally as fascinating. Bunny Corcoran is a wealthy and spoiled young man who is always looking for a good time. Charles Tavis is a quiet and reserved young man who is deeply in love with Henry. Camilla Macaulay is a beautiful and intelligent young woman who is drawn to the power and danger of the Classics Club. The students are all deeply in love with Morrow, and they are willing to do anything to please him. Morrow is a complex and mysterious figure, and he seems to be manipulating the students for his own purposes. As the students become more involved with Morrow, they begin to commit increasingly dangerous acts. The Secret History is a exceptional and suspenseful novel that will keep you speculating until the very end. The novel is a cautionary tale about the dangers of obsession and the power of evil.

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Table of Contents Elliptical Machine Chart Poster

1. Understanding the eBook Elliptical Machine Chart Poster
 - The Rise of Digital Reading Elliptical Machine Chart Poster
 - Advantages of eBooks Over Traditional Books
2. Identifying Elliptical Machine Chart Poster
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Elliptical Machine Chart Poster
 - User-Friendly Interface
4. Exploring eBook Recommendations from Elliptical Machine Chart Poster
 - Personalized Recommendations
 - Elliptical Machine Chart Poster User Reviews and Ratings
 - Elliptical Machine Chart Poster and Bestseller Lists
5. Accessing Elliptical Machine Chart Poster Free and Paid eBooks
 - Elliptical Machine Chart Poster Public Domain eBooks
 - Elliptical Machine Chart Poster eBook Subscription Services
 - Elliptical Machine Chart Poster Budget-Friendly Options
6. Navigating Elliptical Machine Chart Poster eBook Formats
 - ePub, PDF, MOBI, and More
 - Elliptical Machine Chart Poster Compatibility with Devices
 - Elliptical Machine Chart Poster Enhanced eBook Features
7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Elliptical Machine Chart Poster
 - Highlighting and Note-Taking Elliptical Machine Chart Poster
 - Interactive Elements Elliptical Machine Chart Poster
8. Staying Engaged with Elliptical Machine Chart Poster

- Joining Online Reading Communities
- Participating in Virtual Book Clubs
- Following Authors and Publishers Elliptical Machine Chart Poster
- 9. Balancing eBooks and Physical Books Elliptical Machine Chart Poster
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Elliptical Machine Chart Poster
- 10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
- 11. Cultivating a Reading Routine Elliptical Machine Chart Poster
 - Setting Reading Goals Elliptical Machine Chart Poster
 - Carving Out Dedicated Reading Time
- 12. Sourcing Reliable Information of Elliptical Machine Chart Poster
 - Fact-Checking eBook Content of Elliptical Machine Chart Poster
 - Distinguishing Credible Sources
- 13. Promoting Lifelong Learning
 - Utilizing eBooks for Skill Development
 - Exploring Educational eBooks
- 14. Embracing eBook Trends
 - Integration of Multimedia Elements
 - Interactive and Gamified eBooks

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