

ELLIPTICAL

Information and Conditioning

PROPER POSTURE & FORM

- Stand tall with a slight forward lean at the hips (not bending 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, 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.
- Keep your feet parallel to the edge of the pedal, you can place "heel" boards at the front of the footplate, 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. A 150 lb person can burn approximately 300-500 calories per session, depending on the intensity of the workout.

Cardiovascular

Elliptical machines provide a low-impact cardiovascular workout that can improve heart health and circulation.

Joint Health

Elliptical machines are a low-impact exercise that can help reduce the risk of joint injury and pain.

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, 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 running motion with substantial quadriceps and hamstring work.

Reverse Motion - involves a strong 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 bending in a hunched forward position with rounded shoulders and upper back "caving" in).
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. Keep your feet parallel to the edge of the pedal, you can place "heel" boards at the front of the footplate, depending on the stride length you prefer. Make sure they are lined up.
7. Use the handles to get on and off the machine. Grip the handles lightly as you can maintain proper posture. Do not lean against them.
8. 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.

THE WORKOUT

1. Warm-up: 5 minutes at low resistance and low speed.
2. Main workout: 20-30 minutes at moderate to high resistance and speed.
3. Cool-down: 5 minutes at low resistance and low 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. Incline: Adjust the incline to a level that challenges you but allows you to maintain proper form.
8. Heart rate: Monitor your heart rate during the workout to ensure you are working at a target heart rate.

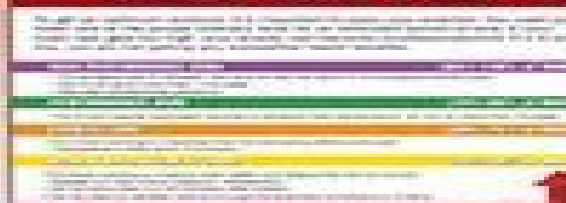
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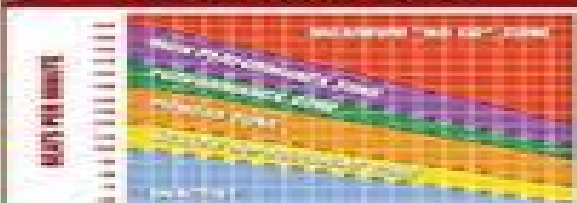
SAFETY

1. Always use proper form and technique.
2. Do not use the machine if you are pregnant or have any medical conditions that may be affected by exercise.
3. Do not use the machine if you are under the influence of alcohol or drugs.
4. Do not use the machine if you are feeling dizzy or lightheaded.
5. Do not use the machine if you are feeling any pain or discomfort.
6. Do not use the machine if you are feeling any fatigue or exhaustion.
7. Do not use the machine if you are feeling any weakness or instability.
8. Do not use the machine if you are feeling any numbness or tingling.
9. Do not use the machine if you are feeling any swelling or inflammation.
10. Do not use the machine if you are feeling any redness or irritation.

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 cardiovascular health.

www.productivefitness.com

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Elliptical Machine Chart Poster

S Ben Porath



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Elliptical Machine Chart Poster Book Review: Unveiling the Power of Words

In some sort of driven by information and connectivity, the energy of words has become more evident than ever. They have the capability to inspire, provoke, and ignite change. Such may be the essence of the book **Elliptical Machine Chart Poster**, a literary masterpiece that delves deep into the significance of words and their affect our lives. Compiled by a renowned author, this captivating work takes readers on a transformative journey, unraveling the secrets and potential behind every word. In this review, we will explore the book is key themes, examine its writing style, and analyze its overall affect readers.

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