

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 sticking 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 obvious with circular feet. Keep your arms straight. Bumpy elbows through the handlebars.
- 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 backward towards the back, depending on the stride length you prefer. Make sure they are.

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. Only 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 motion.

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

Pushing forward - greater quadriceps work.

Pushing backward - greater hamstring work.

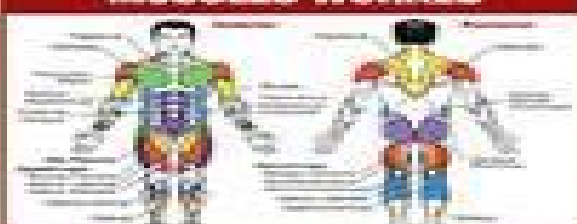
ELLIPTICAL BASICS

1. Stand tall with a slight forward lean at the hips (not leaning in a hunched forward position with rounded shoulders and upper back sticking forward).
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. Bumpy elbows through the handlebars.
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 backward towards the back, depending on the stride length you prefer. Make sure they are.
6. Use the moving handlebars to get on and off the machine. Only the handles lightly as you can maintain proper posture. Do not lean on them.
7. 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.
8. Most elliptical machines can be pedaled forward and backward. In addition the resistance and incline can be adjusted.

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.

MUSCLES WORKED



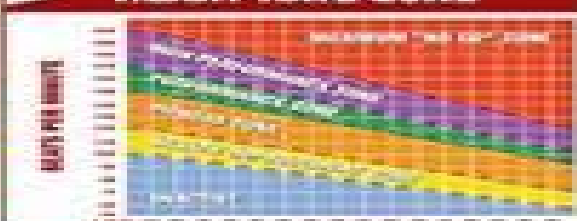
SAFETY

1. Always use proper form and technique.
2. Start with a low resistance and speed.
3. Increase resistance and speed gradually.
4. Stop if you feel any pain or discomfort.
5. Use the moving handlebars to get on and off the machine.
6. Only the handles lightly as you can maintain proper posture.
7. Do not lean on them.
8. Set your age and weight.
9. Select a pre-determined program or set to manual mode.
10. Display screen will show speed, time, incline, distance and other factors.
11. Most elliptical machines can be pedaled forward and backward.
12. In addition the resistance and incline can be adjusted.

SELECT YOUR ZONE



HEART RATE ZONE



The elliptical machine 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.

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Elliptical Machine Chart Poster

Jianjun Gao



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Official Gazette of the United States Patent and Trademark Office ,2006 American Machinist ,1915

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Worthington,1920 *Works of Art* Library of Congress. Copyright Office,1956 New York Magazine ,1995-01-16 New York magazine was born in 1968 after a run as an insert of the New York Herald Tribune and quickly made a place for itself as the trusted resource for readers across the country With award winning writing and photography covering everything from politics and food to theater and fashion the magazine s consistent mission has been to reflect back to its audience the energy and excitement of the city itself while celebrating New York as both a place and an idea *Electrical Review* ,1920

Chicago Schools Journal ,1949 **Scientific American** ,1897 Monthly magazine devoted to topics of general scientific interest *Free and Inexpensive Business Education Materials* Delta Pi Epsilon. Service Projects Committee,1956 **New York Review of the Telegraph and Telephone and Electrical Journal** ,1920 **Popular Science** ,2002-09 Popular Science gives our readers the information and tools to improve their technology and their world The core belief that Popular Science and our readers share The future is going to be better and science and technology are the driving forces that will help make it better Bulletin of the Atomic Scientists ,1961-05 The Bulletin of the Atomic Scientists is the premier public resource on scientific and technological developments that impact global security Founded by Manhattan Project Scientists the Bulletin s iconic Doomsday Clock stimulates solutions for a safer world *American Milk Review and Milk Plant Monthly* ,1959-07 **Control Engineering** ,1966 **Billboard** ,1945-04-07 In its 114th year Billboard remains the world s premier weekly music publication and a diverse digital events brand content and data licensing platform Billboard publishes the most trusted charts and offers unrivaled reporting about the latest music video gaming media digital and mobile entertainment issues and trends **California Farmer** ,2007

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