

# 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 "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. The foot should remain flat against the footplate, using a "walking" 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" forward and back on the footplate, 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 incline can be adjusted.

**Forward Motion** - motion mimicking motion with substantial quadriceps and hamstring work.

**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 "locking" closed.
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. Keep your feet in contact with the pedals at all times. The foot should remain flat against the footplate, using a "walking" motion.
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. Throughout your pedal stroke to the edge of the pedal, you can place "heel" forward and back on the footplate, depending on the stride length you prefer. Heel moving forward.
6. Elliptical training is a low-impact exercise that can help you protect your joints and reduce the risk of injury.

### 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. Heart rate zone: 140-160 bpm.
6. Calories burned: 300-500 calories.

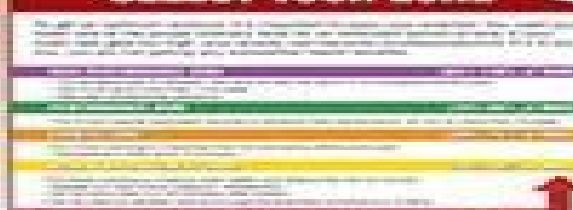
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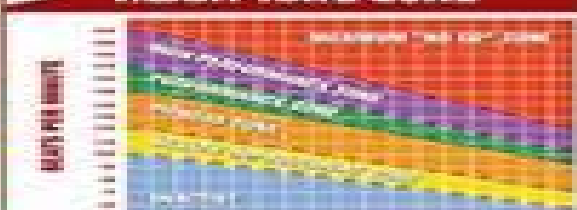
### SAFETY

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 a heart condition.
4. Do not use the machine if you are taking any medication that may affect your heart rate.
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 weakness or instability.
9. Do not use the machine if you are feeling any numbness or tingling.
10. Do not use the machine if you are feeling any other symptoms that may be a sign of a medical condition.

### SELECT YOUR ZONE



### HEART RATE ZONE



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# Elliptical Machine Chart Poster

**David Baud**



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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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