

# 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. Have a slight bend at the elbows.
- Hold the handles with a light grip and keep elbows above knee level.
- Keep your feet in contact with the pedals at all times. The foot should remain flat against the footplate, keeping your foot in a stable position.
- During 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 your foot on the footplate and look at the foot, adjusting on the stride length you prefer when 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

Movably moving and pushing the handles engages more upper body muscles.

### STATIONARY HANDLES

Use these handles to get on and off the machine. Only the handles lightly as you can maintain proper posture, do not lean into them.

### CONSOLE

Set your speed and weight. Select a pre-set program or set to manual mode. Display screen shows 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.

**Speed stroke** - motion including motion with substantial quadriceps and hamstring work.

**Power stroke** - motion is being motion with greater gluteus, quadriceps and calf involvement.

**Pushing forward** - greater quadriceps work.

**Pushing backward** - greater hamstring work.

## ELLIPTICAL BASICS

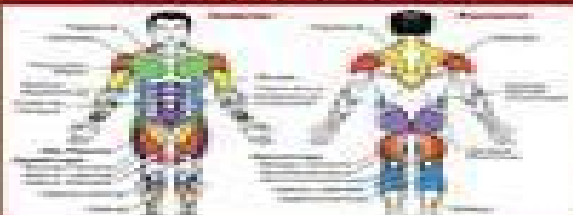
It takes a few days to get used to the elliptical machine. Here are some tips to help you get started.

1. Start with a low resistance and a slow speed. As you get used to the machine, you can increase the resistance and speed.
2. Keep your feet flat against the footplate. This will help you maintain proper posture and prevent injury.
3. Keep your hands on the handles. This will help you maintain proper posture and prevent injury.
4. Keep your back straight. This will help you maintain proper posture and prevent injury.
5. Keep your core engaged. This will help you maintain proper posture and prevent injury.
6. Keep your arms moving. This will help you maintain proper posture and prevent injury.
7. Keep your legs moving. This will help you maintain proper posture and prevent injury.
8. Keep your feet flat against the footplate. This will help you maintain proper posture and prevent injury.

## THE WORKOUT

1. Warm-up: 5 minutes at low resistance and speed.
2. Main workout: 20 minutes at medium resistance and speed.
3. Cool-down: 5 minutes at low resistance and speed.
4. Total workout: 30 minutes.

## MUSCLES WORKED



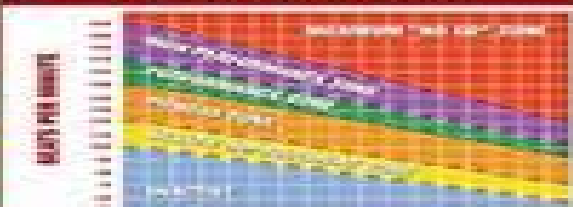
## SAFETY

1. Always use proper posture and form.
2. Start with a low resistance and speed.
3. Keep your feet flat against the footplate.
4. Keep your hands on the handles.
5. Keep your back straight.
6. Keep your core engaged.
7. Keep your arms moving.
8. Keep your legs moving.
9. Keep your feet flat against the footplate.
10. Keep your hands on the handles.
11. Keep your back straight.
12. Keep your core engaged.
13. Keep your arms moving.
14. Keep your legs moving.
15. Keep your feet flat against the footplate.

## 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.

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# Elliptical Machine Chart Poster

**Jessica J Manson**



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