

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. 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. The foot should remain flat against the footplate, ensuring a smooth, steady 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.
- Keep your feet parallel to the edge of the pedal, you can place them forward or backward on the footplate depending on the stride length you prefer. Make sure they are lined up.

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.

Joint Health

Elliptical training is a low-impact exercise that can help you reduce the risk of joint pain and injury.

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. 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 - motion mimicking running with substantial quadriceps and hamstring work.

Reverse 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. Keeping 15cm.
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. The foot should remain flat against the footplate, ensuring a smooth, steady 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. Keep your feet parallel to the edge of the pedal, you can place them forward or backward on the footplate depending on the stride length you prefer. Make sure they are lined up.
6. Use the moving handlebars to get on and off the machine. Grip the handles lightly as you can maintain proper posture. Do not lean against 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. Heart rate zone: 150-170 bpm.
6. Calories burned: 300-500.
7. Distance: 5-10 km.
8. Incline: 5-10%.
9. Resistance: 10-20.
10. Stride length: 1.5-2.0 m.
11. Foot placement: Forward or backward.
12. Handlebar use: Pushing forward or backward.
13. Console settings: Age, weight, program, speed, time, distance, incline, resistance.
14. Safety: Keep feet on pedals, hold handlebars, don't lean against them.
15. Posture: Stand tall, slight forward lean, rounded shoulders, relaxed elbows.
16. Breathing: Breathe in and out naturally.
17. Hydration: Drink water before, during, and after the workout.
18. Rest: Take a break after the workout.
19. Stretching: Stretch the muscles used during the workout.
20. Recovery: Get a good night's sleep.

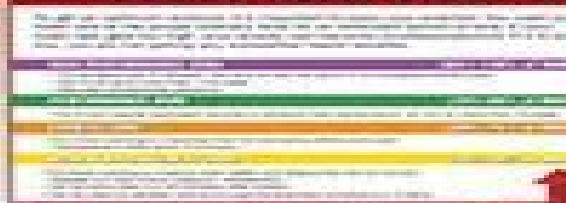
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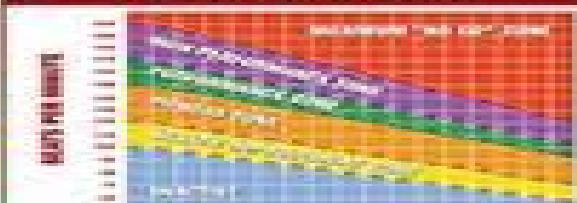
SAFETY

1. Always use proper technique to avoid injury.
2. Do not use the machine if you are pregnant or have a heart condition.
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 numbness.
8. Do not use the machine if you are feeling any tingling or numbness.
9. Do not use the machine if you are feeling any swelling or redness.
10. Do not use the machine if you are feeling any bruising or bleeding.
11. Do not use the machine if you are feeling any rash or irritation.
12. Do not use the machine if you are feeling any itching or burning.
13. Do not use the machine if you are feeling any stinging or pain.
14. Do not use the machine if you are feeling any numbness or tingling.
15. Do not use the machine if you are feeling any weakness or fatigue.
16. Do not use the machine if you are feeling any dizziness or lightheadedness.
17. Do not use the machine if you are feeling any headache or migraine.
18. Do not use the machine if you are feeling any nausea or vomiting.
19. Do not use the machine if you are feeling any diarrhea or constipation.
20. Do not use the machine if you are feeling any urinary issues.

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.

www.productivefitness.com

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Elliptical Machine Chart Poster

D Kirk

A red circular graphic with a gradient, appearing as a semi-circle or a partial circle, located to the right of the author's name.

Elliptical Machine Chart Poster:

Unveiling the Magic of Words: A Review of "**Elliptical Machine Chart Poster**"

In some sort of defined by information and interconnectivity, the enchanting power of words has acquired unparalleled significance. Their capability to kindle emotions, provoke contemplation, and ignite transformative change is truly awe-inspiring. Enter the realm of "**Elliptical Machine Chart Poster**," a mesmerizing literary masterpiece penned by a distinguished author, guiding readers on a profound journey to unravel the secrets and potential hidden within every word. In this critique, we shall delve in to the book is central themes, examine its distinctive writing style, and assess its profound affect the souls of its readers.

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