

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 "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.
- Throughout your pedal stroke to the edge of the pedal, you can place your foot on the heel or forefoot and back, depending on the stride length you prefer. Make sure it's not too long.

REAR FLYWHEEL

HEALTH BENEFITS

Weight Loss

Elliptical training is a low-impact, high-calorie-burning workout that can help you lose weight and improve your overall health.

Cardiovascular

Elliptical training is a cardiovascular workout that can help you improve your heart health and increase your endurance.

Joints

Elliptical training is a low-impact workout 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 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.

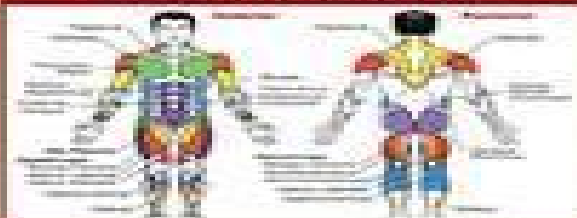
ELLIPTICAL BASICS

1. Stand tall with a slight forward lean at the hips (not leaning 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. Throughout your pedal stroke to the edge of the pedal, you can place your foot on the heel or forefoot and back, depending on the stride length you prefer. Make sure it's not too long.
7. Use the rear flywheel 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 a low resistance and low speed.
2. Main workout: 20-30 minutes at a moderate resistance and speed.
3. Cool-down: 5 minutes at a low resistance and low speed.
4. Total workout: 30-40 minutes.
5. Heart rate zone: 150-170 bpm.
6. Calories burned: 300-500.
7. Distance: 3-5 miles.
8. Time: 30-40 minutes.
9. Resistance: 10-15.
10. Incline: 0-10.
11. Stride length: 1.5-2.0.
12. Foot placement: Heel or forefoot.
13. Handle grip: Light.
14. Elbow position: Relaxed.
15. Shoulder position: Down and away from ears.
16. Hip position: Slight forward lean.
17. Foot contact: Flat against footplate.
18. Motion: Forward and backward.
19. Bouncing: Avoid.
20. Gravity: Use to help move pedals.

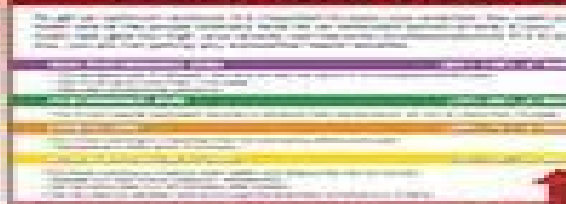
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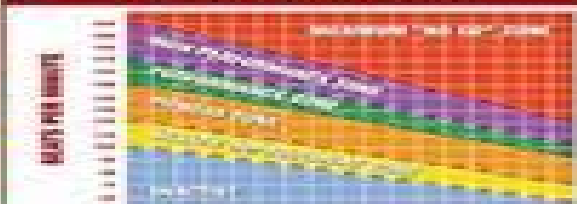
SAFETY

1. Always use proper posture and form.
2. Do not use the machine if you are injured or have any medical conditions.
3. Do not use the machine if you are pregnant or have any medical conditions.
4. Do not use the machine if you are taking any medication.
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.
7. Do not use the machine if you are feeling any discomfort.
8. Do not use the machine if you are feeling any fatigue.
9. Do not use the machine if you are feeling any weakness.
10. Do not use the machine if you are feeling any numbness.
11. Do not use the machine if you are feeling any tingling.
12. Do not use the machine if you are feeling any swelling.
13. Do not use the machine if you are feeling any redness.
14. Do not use the machine if you are feeling any itching.
15. Do not use the machine if you are feeling any rash.
16. Do not use the machine if you are feeling any hives.
17. Do not use the machine if you are feeling any allergic reaction.
18. Do not use the machine if you are feeling any other symptoms.

SELECT YOUR ZONE



HEART RATE ZONE



The elliptical is a low-impact, high-calorie-burning workout that can help you lose weight and improve your overall health.

www.productivefitness.com

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Elliptical Machine Chart Poster

RC Schank

A red circular graphic with a gradient, appearing as a semi-circle or a partial circle, located to the right of the RC Schank text.

Elliptical Machine Chart Poster:

Reviewing **Elliptical Machine Chart Poster**: Unlocking the Spellbinding Force of Linguistics

In a fast-paced world fueled by information and interconnectivity, the spellbinding force of linguistics has acquired newfound prominence. Its capacity to evoke emotions, stimulate contemplation, and stimulate metamorphosis is actually astonishing. Within the pages of "**Elliptical Machine Chart Poster**," an enthralling opus penned by a highly acclaimed wordsmith, readers embark on an immersive expedition to unravel the intricate significance of language and its indelible imprint on our lives. Throughout this assessment, we shall delve in to the book is central motifs, appraise its distinctive narrative style, and gauge its overarching influence on the minds of its readers.

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