

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.
- Keep your feet parallel to the edge of the pedal, you can place "heel" boards at the front of the footplate, depending on the stride length you prefer. Make sure they are lined up.

REAR FLYWHEEL

HEALTH BENEFITS

Weight Loss

Elliptical machines are a great way to burn calories and lose weight. A 150 lb person can burn approximately 300-500 calories per session, depending on the intensity of the workout.

Cardiovascular

Elliptical machines provide a low-impact cardiovascular workout that improves heart health and circulation. Regular use can help lower blood pressure and improve overall cardiovascular fitness.

Joints

Elliptical machines are a low-impact exercise that is gentle on the joints. This makes it a great option for people with arthritis or other joint issues. The smooth motion of the pedals helps to 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.

Speed stride - motion including motion with substantial quadriceps and hamstring work.

Active stride - 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 pace. Gradually increase the resistance and pace as you become more comfortable.
2. Focus on your posture and form. Keep your back straight and your feet flat on the pedals.
3. Use the handles to help you maintain balance and control.
4. Start with a 10-minute workout and gradually increase the time as you become more comfortable.
5. Focus on your breathing. Breathe in and out rhythmically.
6. Keep your feet flat on the pedals. Avoid lifting your feet off the pedals.
7. Use the console to monitor your heart rate and other fitness metrics.
8. Listen to your body. If you feel any pain or discomfort, stop the workout immediately.

THE WORKOUT

Elliptical machines are a great way to get a full-body workout. They provide a low-impact cardiovascular workout that improves heart health and circulation. Regular use can help lower blood pressure and improve overall cardiovascular fitness. Elliptical machines also provide a low-impact strength workout that improves muscle tone and endurance. Regular use can help increase muscle mass and improve overall strength. Elliptical machines are a great way to get a full-body workout that improves heart health, circulation, muscle tone, and endurance. Regular use can help increase muscle mass and improve overall strength.

MUSCLES WORKED



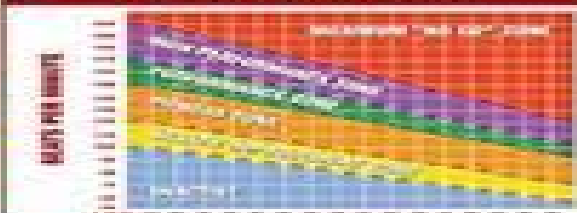
SAFETY

1. Always use proper posture and form.
2. Start with a low resistance and a slow pace.
3. Focus on your breathing.
4. Use the handles to help you maintain balance and control.
5. Keep your feet flat on the pedals.
6. Listen to your body.
7. Use the console to monitor your heart rate and other fitness metrics.
8. Stop the workout if you feel any pain or discomfort.

SELECT YOUR ZONE



HEART RATE ZONE



The elliptical machine is a great way to get a full-body workout that improves heart health, circulation, muscle tone, and endurance. Regular use can help increase muscle mass and improve overall strength.

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