

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 footplate 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 - 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

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 speed as you become more comfortable.
2. Keep your feet flat against the footplate and your knees slightly bent.
3. Push the handles forward and back, keeping your elbows slightly bent.
4. Keep your back straight and your head up.
5. Avoid leaning back or forward.
6. Keep your feet flat against the footplate and your knees slightly bent.
7. Push the handles forward and back, keeping your elbows slightly bent.
8. Keep your back straight and your head up.
9. Avoid leaning back or forward.
10. Keep your feet flat against the footplate and your knees slightly bent.

THE WORKOUT

Elliptical training is a low-impact, high-calorie-burning workout that can help you lose weight and improve your overall health. It is a cardiovascular workout that can help you improve your heart health and increase your endurance. It is a low-impact workout that can help you protect your joints and reduce the risk of injury. It is a full-body workout that can help you burn more calories and improve your metabolism. It is a fun and engaging workout that can help you stay motivated and committed to your fitness goals.

MUSCLES WORKED



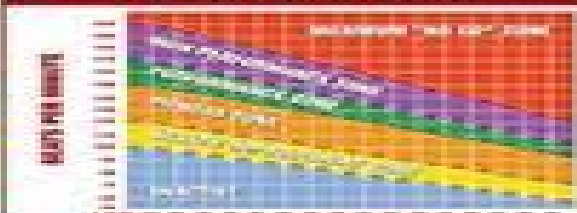
SAFETY

1. Always use proper posture and form.
2. Start with a low resistance and a slow pace. Gradually increase the resistance and speed as you become more comfortable.
3. Keep your feet flat against the footplate and your knees slightly bent.
4. Push the handles forward and back, keeping your elbows slightly bent.
5. Keep your back straight and your head up.
6. Avoid leaning back or forward.
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8. Push the handles forward and back, keeping your elbows slightly bent.
9. Keep your back straight and your head up.
10. Avoid leaning back or forward.

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

R Sanford

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