

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 "locking" closed).
- 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 (no "heel striking" or "toe striking" motions).
- 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 "heel" forward and "toe" or "ball" of the foot, depending on the stride length you prefer. Heel moving forward.

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 intensity and duration.

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 gentle on the joints, making them an ideal choice for people with arthritis or other joint issues. The smooth motion reduces the risk of injury and allows for a longer, more comfortable workout.

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 together and pull the handles apart.

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 on them.

CONSOLE

Set your age and weight. Select a workout program or set to manual mode. Display screen will show 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.

Forward Motion - motion including motion with substantial quadriceps and hamstring motion.

Backward Motion - motion is being motion with greater gluteus, quadriceps and calf involvement.

Pushing Forward - greater quadriceps work.

Pulling 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 duration as you become more comfortable.
5. Focus on your breathing. Inhale and exhale through your nose and mouth.
6. Keep your feet flat on the pedals. Avoid lifting your heels or toes.
7. Use the console to monitor your heart rate and other vital signs.
8. Stay hydrated. Drink water before, during, and after your workout.

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 strength training workout that targets the muscles of the legs, arms, and core. By adjusting the resistance and motion, you can tailor your workout to your specific needs and goals. For example, you can use a higher resistance and forward motion to target the quadriceps and hamstrings, or a lower resistance and backward motion to target the glutes and calves. Elliptical machines are also a great way to burn calories and lose weight. A 150 lb person can burn approximately 300-500 calories per session, depending on intensity and duration. To get the most out of your elliptical workout, it's important to focus on your posture and form. Keep your back straight and your feet flat on the pedals. Use the handles to help you maintain balance and control. Start with a 10-minute workout and gradually increase the duration as you become more comfortable. Finally, stay hydrated. Drink water before, during, and after your workout.

MUSCLES WORKED



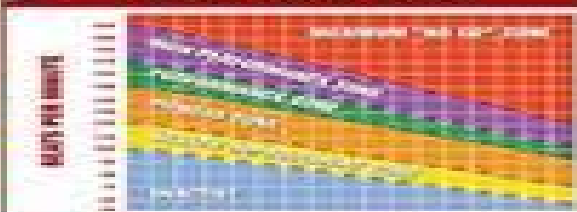
SAFETY

1. Always use proper posture and form. Keep your back straight and your feet flat on the pedals.
2. Start with a low resistance and a slow pace. Gradually increase the resistance and pace as you become more comfortable.
3. Use the handles to help you maintain balance and control.
4. Stay hydrated. Drink water before, during, and after your workout.
5. Avoid using the machine if you have any injuries or medical conditions that may be aggravated by exercise.
6. Keep your feet flat on the pedals. Avoid lifting your heels or toes.
7. Use the console to monitor your heart rate and other vital signs.
8. Stay hydrated. Drink water before, during, and after your workout.

SELECT YOUR ZONE



HEART RATE ZONE



The elliptical machine is a great way to get a full-body workout. It provides a low-impact cardiovascular workout that improves heart health and circulation. Regular use can help lower blood pressure and improve overall cardiovascular fitness.

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Elliptical Machine Chart Poster

Brendan G. Carr

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