

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. Have a slight bend at the elbows.
- Hold the handles with a light grip and keep elbows at 90°.
- Keep your feet in contact with the pedals at all times. The foot should remain flat against the footplate, keeping your foot in a stable position throughout the stride.
- 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.

Joint Health

Elliptical training is a low-impact workout 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

Movably moving and pushing the handles engages more 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 on them.

CONSOLE

Set your speed and weight. Select a pre-set program or set your own. Display screen shows speed, 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 mimicking running with substantial quadriceps and hamstring work.

Backward 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. Have a slight bend at the elbows.
3. Hold the handles with a light grip and keep elbows at 90°.
4. Keep your feet in contact with the pedals at all times. The foot should remain flat against the footplate, keeping your foot in a stable position throughout the stride.
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 footplate and back, depending on the stride length you prefer. Make sure it's not too long.
7. Elliptical training is a low-impact workout that can help you reduce the risk of joint pain and injury.
8. Elliptical training is a cardiovascular workout that can help you improve your heart health and increase your endurance.
9. Elliptical training is a low-impact, high-calorie-burning workout that can help you lose weight and improve your overall health.

THE WORKOUT

1. Warm-up: 5 minutes at a low resistance and speed.
2. Main workout: 20-30 minutes at a moderate resistance and speed.
3. Cool-down: 5 minutes at a low resistance and speed.
4. Total workout time: 30-40 minutes.
5. Heart rate zone: 140-160 bpm.
6. Calories burned: 300-500.
7. Distance: 5-10 km.
8. Time: 30-40 minutes.
9. Resistance: 10-15.
10. Speed: 1.5-2.0 km/h.

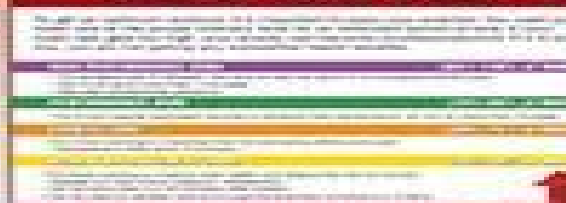
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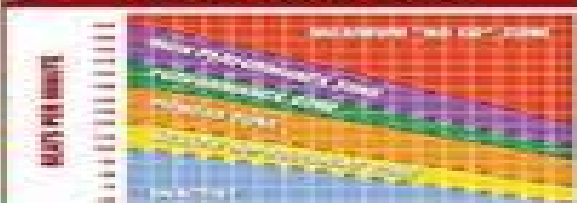
SAFETY

1. Always use proper posture and form.
2. Start with a low resistance and speed.
3. Increase resistance and speed gradually.
4. Stop if you feel pain or discomfort.
5. Use the handrails for support.
6. Keep your feet flat on the pedals.
7. Avoid bouncing.
8. Use the correct foot position.
9. Keep your core engaged.
10. Stay hydrated.

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

Emilie Sanchez

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.

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