

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 sticking forward).
- 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.

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 HANDLES

Movably pushing and pulling the handles engages more 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 on them.

CONSOLE

Set your age and weight. Select a pre-determined program or set to manual mode. Display screen can show 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 motion with substantial quadriceps and hamstring work.

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

1. Stand tall with a slight forward lean at the hips (not leaning in a hunched forward position with rounded shoulders and upper back sticking forward).
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 footplate and back, depending on the stride length you prefer. Make sure it's not too long.
7. Use the moving handles to engage more upper body muscles.
8. Use the stationary handles to get on and off the machine. Grip the handles lightly as you can maintain proper posture. Do not lean on them.
9. Set your age and weight. Select a pre-determined program or set to manual mode. Display screen can show speed, heart rate, time, distance and other factors.
10. Most elliptical machines can be pedaled forward and backward. In addition the resistance and motion can be adjusted.

THE WORKOUT

1. Warm-up: 5 minutes at low resistance and low speed.
2. Main workout: 20-30 minutes at moderate to high resistance and speed.
3. Cool-down: 5 minutes at low resistance and low speed.
4. Total workout time: 30-40 minutes.
5. Heart rate: Monitor your heart rate during the workout. It should be between 140-160 bpm.
6. Calories burned: Approximately 500-1000 calories per session.
7. Resistance: Adjust the resistance to match your fitness level.
8. Speed: Adjust the speed to match your fitness level.
9. Motion: Use the moving handles to engage more upper body muscles.
10. Posture: Maintain proper posture throughout the workout.

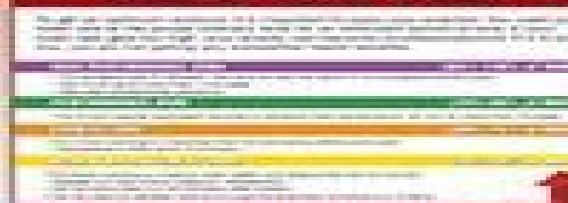
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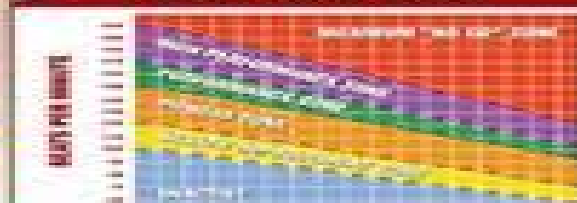
SAFETY

1. Always use proper form and technique.
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 moving handles to engage more upper body muscles.
6. Use the stationary handles to get on and off the machine.
7. Grip the handles lightly.
8. Do not lean on the handles.
9. Keep your feet flat against the footplate.
10. Avoid bouncing.

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

Lingsheng Yao



Elliptical Machine Chart Poster:

The Enigmatic Realm of **Elliptical Machine Chart Poster**: Unleashing the Language is Inner Magic

In a fast-paced digital era where connections and knowledge intertwine, the enigmatic realm of language reveals its inherent magic. Its capacity to stir emotions, ignite contemplation, and catalyze profound transformations is nothing short of extraordinary. Within the captivating pages of **Elliptical Machine Chart Poster** a literary masterpiece penned with a renowned author, readers embark on a transformative journey, unlocking the secrets and untapped potential embedded within each word. In this evaluation, we shall explore the book's core themes, assess its distinct writing style, and delve into its lasting affect the hearts and minds of those who partake in its reading experience.

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