

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.
- Whenever your feet are on the edge of the pedals, you can place them forward or backward on the footplate, depending on the stride length you prefer. Feet should be set up.

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.

Muscle Toning

Elliptical training is a low-impact workout that can help you tone your muscles and improve your overall appearance.

Joint Health

Elliptical training is a low-impact workout that can help you maintain healthy joints and prevent 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, rate, 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.

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

1. 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).
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. Whenever your feet are on the edge of the pedals, you can place them forward or backward on the footplate, depending on the stride length you prefer.
7. Feet should be set up.
8. Larger foot pedals, allow you to adjust your stride length by positioning your feet at different ends of the pedals.

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: 30-40 minutes.
5. Heart rate zone: 150-170 bpm.
6. Calories burned: 300-500.
7. Distance: 3-5 miles.
8. Time: 30-40 minutes.
9. Resistance: 10-15.
10. Speed: 1.5-2.0 mph.
11. Stride length: 2.0-2.5.
12. Foot placement: Forward/Backward.
13. Handle movement: Push/Pull.
14. Posture: Upright/Leaning.
15. Breathing: In/Out.
16. Relaxation: Yes/No.
17. Consistency: Yes/No.
18. Progression: Yes/No.
19. Variety: Yes/No.
20. Fun: Yes/No.

MUSCLES WORKED



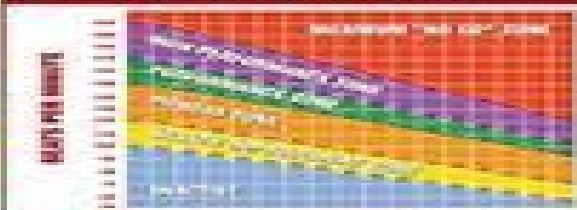
SAFETY

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 emergency stop button if needed.
6. Keep your feet on the pedals at all times.
7. Hold the handles with a light grip.
8. Keep your elbows relaxed.
9. Avoid bouncing.
10. Use gravity to help you move the pedals.
11. Whenever your feet are on the edge of the pedals, you can place them forward or backward on the footplate, depending on the stride length you prefer.
12. Feet should be set up.
13. Larger foot pedals, allow you to adjust your stride length by positioning your feet at different ends of the pedals.

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.

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Elliptical Machine Chart Poster

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