

ELLIPTICAL

Information and Conditioning

PROPER POSTURE & FORM

- Stand tall with a slight forward lean at the hips (not swiveling 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, using a "walking" motion, not a "stepping" motion.
- 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.
- Keep your feet parallel to the edge of the pedal, you can place "heel" boards at the front of the footplate, depending on the stride length you prefer. Make sure they are lined up.

REAR FLYWHEEL

HEALTH BENEFITS

Weight Loss

Elliptical machines are a great way to burn calories and lose weight. They provide a low-impact, full-body workout that can help you achieve your weight loss goals.

Cardiovascular

Elliptical machines are a great way to improve your cardiovascular health. They provide a low-impact, full-body workout that can help you achieve your cardiovascular goals.

Joints

Elliptical machines are a great way to protect your joints. They provide a low-impact, full-body workout that can help you achieve your joint health goals.

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 from 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 on 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 - involves a walking motion with substantial quadriceps and hamstring work.

Reverse Motion - involves a strong motion with greater gluteus, quadriceps and calf involvement.

Pushing Forward - greater quadriceps work.

Pushing Backward - greater hamstring work.

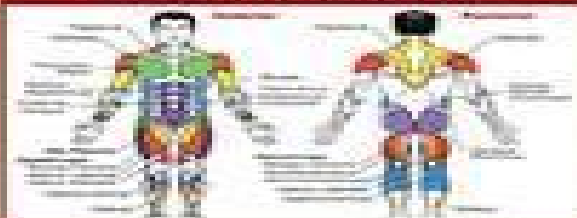
ELLIPTICAL BASICS

1. Stand tall with a slight forward lean at the hips (not swiveling in a hunched forward position with rounded shoulders and upper back "locking" closed).
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. Keep your feet in contact with the pedals at all times. The foot should remain flat against the footplate, using a "walking" motion, not a "stepping" motion.
4. 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.
5. Keep your feet parallel to the edge of the pedal, you can place "heel" boards at the front of the footplate, depending on the stride length you prefer. Make sure they are lined up.
6. 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.
7. 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.
8. Most elliptical machines can be pedaled forward and backward. In addition the resistance and incline 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 zone: 140-160 bpm.
6. Calories burned: 300-500.
7. Distance: 3-5 miles.
8. Incline: 5-10%.
9. Resistance: 10-15 lbs.
10. Stride length: 2-3 feet.
11. Foot placement: Heel, ball, toe.
12. Handle grip: Light, medium, heavy.
13. Pedal motion: Forward, backward.
14. Pedal resistance: Low, medium, high.
15. Pedal speed: Slow, medium, fast.
16. Pedal incline: Low, medium, high.
17. Pedal resistance and speed: Low, medium, high.
18. Pedal resistance and incline: Low, medium, high.
19. Pedal resistance and speed and incline: Low, medium, high.
20. Pedal resistance and speed and incline and stride length: Low, medium, high.

MUSCLES WORKED



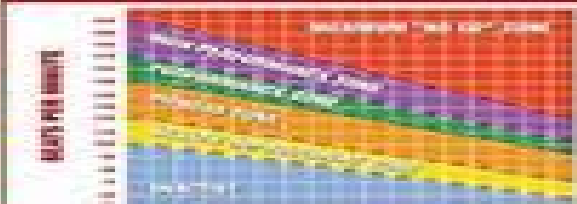
SAFETY

1. Always use proper posture and form.
2. Do not use the machine if you are pregnant or have any medical conditions.
3. Do not use the machine if you are under the influence of alcohol or drugs.
4. Do not use the machine if you are feeling dizzy or lightheaded.
5. Do not use the machine if you are feeling any pain or discomfort.
6. Do not use the machine if you are feeling any fatigue or exhaustion.
7. Do not use the machine if you are feeling any weakness or numbness.
8. Do not use the machine if you are feeling any tingling or numbness.
9. Do not use the machine if you are feeling any swelling or redness.
10. Do not use the machine if you are feeling any bruising or bleeding.
11. Do not use the machine if you are feeling any other signs of injury or illness.
12. Do not use the machine if you are feeling any other signs of distress or discomfort.
13. Do not use the machine if you are feeling any other signs of danger or risk.
14. Do not use the machine if you are feeling any other signs of harm or damage.
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SELECT YOUR ZONE



HEART RATE ZONE



The elliptical machine is a great way to burn calories and lose weight. It provides a low-impact, full-body workout that can help you achieve your weight loss goals.

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1. Understanding the eBook Elliptical Machine Chart Poster
 - The Rise of Digital Reading Elliptical Machine Chart Poster
 - Advantages of eBooks Over Traditional Books
2. Identifying Elliptical Machine Chart Poster
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Elliptical Machine Chart Poster
 - User-Friendly Interface
4. Exploring eBook Recommendations from Elliptical Machine Chart Poster

- Personalized Recommendations
- Elliptical Machine Chart Poster User Reviews and Ratings
- Elliptical Machine Chart Poster and Bestseller Lists
- 5. Accessing Elliptical Machine Chart Poster Free and Paid eBooks
 - Elliptical Machine Chart Poster Public Domain eBooks
 - Elliptical Machine Chart Poster eBook Subscription Services
 - Elliptical Machine Chart Poster Budget-Friendly Options
- 6. Navigating Elliptical Machine Chart Poster eBook Formats
 - ePub, PDF, MOBI, and More
 - Elliptical Machine Chart Poster Compatibility with Devices
 - Elliptical Machine Chart Poster Enhanced eBook Features
- 7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Elliptical Machine Chart Poster
 - Highlighting and Note-Taking Elliptical Machine Chart Poster
 - Interactive Elements Elliptical Machine Chart Poster
- 8. Staying Engaged with Elliptical Machine Chart Poster
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Elliptical Machine Chart Poster
- 9. Balancing eBooks and Physical Books Elliptical Machine Chart Poster
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Elliptical Machine Chart Poster
- 10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
- 11. Cultivating a Reading Routine Elliptical Machine Chart Poster
 - Setting Reading Goals Elliptical Machine Chart Poster
 - Carving Out Dedicated Reading Time
- 12. Sourcing Reliable Information of Elliptical Machine Chart Poster

- Fact-Checking eBook Content of Elliptical Machine Chart Poster
- Distinguishing Credible Sources

13. Promoting Lifelong Learning

- Utilizing eBooks for Skill Development
- Exploring Educational eBooks

14. Embracing eBook Trends

- Integration of Multimedia Elements
- Interactive and Gamified eBooks

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