

# 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.
- 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 exercise that can help you lose weight and improve your overall health.

#### Cardiovascular

Elliptical training is a cardiovascular exercise that can help you improve your heart health and increase your endurance.

#### Joints

Elliptical training is a low-impact exercise that can help you protect your joints and reduce the risk of 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 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.

**Pushing Backward** - greater hamstring work.

### ELLIPTICAL BASICS

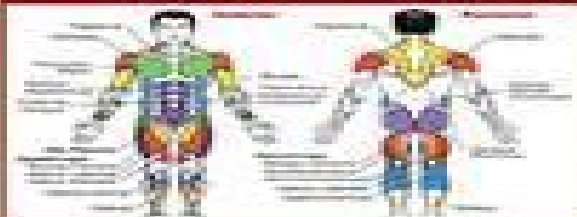
It takes a few days to get used to the elliptical machine. Here are some tips to help you get started.

1. Adjust the seat to your height. The seat should be at hip level when you are standing.
2. Adjust the foot pedals to your foot length. The pedals should be at the end of your foot when you are standing.
3. Adjust the handles to your arm length. The handles should be at shoulder level when you are standing.
4. Adjust the resistance to your desired level. The resistance should be at a level that allows you to pedal comfortably.
5. Adjust the motion to your desired level. The motion should be at a level that allows you to pedal comfortably.
6. Adjust the speed to your desired level. The speed should be at a level that allows you to pedal comfortably.
7. Adjust the time to your desired level. The time should be at a level that allows you to pedal comfortably.
8. Adjust the distance to your desired level. The distance should be at a level that allows you to pedal comfortably.
9. Adjust the calories to your desired level. The calories should be at a level that allows you to pedal comfortably.
10. Adjust the heart rate to your desired level. The heart rate should be at a level that allows you to pedal comfortably.

### THE WORKOUT

The elliptical machine is a great way to get a full-body workout. It works your heart, lungs, and muscles. It is a low-impact exercise that can be done indoors or outdoors. It is a great way to burn calories and lose weight. It is a great way to improve your cardiovascular health. It is a great way to improve your overall fitness. It is a great way to improve your mood. It is a great way to improve your sleep. It is a great way to improve your energy. It is a great way to improve your health. It is a great way to improve your life. It is a great way to improve your future. It is a great way to improve your past. It is a great way to improve your present. It is a great way to improve your everything.

### MUSCLES WORKED



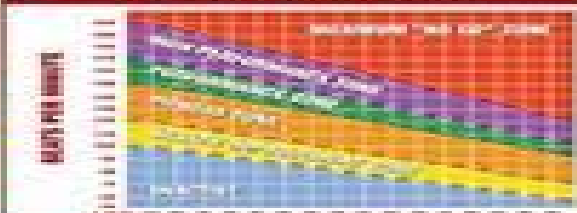
### SAFETY

1. Always use proper form and technique when using the elliptical machine.
2. Do not use the elliptical machine if you are pregnant or have a heart condition.
3. Do not use the elliptical machine if you are injured or have a recent surgery.
4. Do not use the elliptical machine if you are feeling dizzy or lightheaded.
5. Do not use the elliptical machine if you are feeling short of breath.
6. Do not use the elliptical machine if you are feeling any pain.
7. Do not use the elliptical machine if you are feeling any discomfort.
8. Do not use the elliptical machine if you are feeling any fatigue.
9. Do not use the elliptical machine if you are feeling any exhaustion.
10. Do not use the elliptical machine if you are feeling any weakness.

### SELECT YOUR ZONE



### HEART RATE ZONE



The elliptical machine is a great way to get a full-body workout. It works your heart, lungs, and muscles. It is a low-impact exercise that can be done indoors or outdoors. It is a great way to burn calories and lose weight. It is a great way to improve your cardiovascular health. It is a great way to improve your overall fitness. It is a great way to improve your mood. It is a great way to improve your sleep. It is a great way to improve your energy. It is a great way to improve your health. It is a great way to improve your life. It is a great way to improve your future. It is a great way to improve your past. It is a great way to improve your present. It is a great way to improve your everything.

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# Elliptical Machine Chart Poster

**Delta Pi Epsilon. Service Projects  
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