

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 "caving" 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 loose elbows. Always keep your feet in contact with the pedals at all times. This is most obvious with circular feet. Keep your arms straight. Breathe through the nose.
- 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 foot, depending on the stride length you prefer. Make sure they are lined 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 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 - 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. Start with a low resistance and a slow pace. Gradually increase the resistance and speed as you become more comfortable.
2. Keep your feet flat on the pedals. Avoid lifting your feet off the pedals.
3. Keep your arms straight and your elbows close to your body. Push the handles forward and back.
4. Keep your back straight and your head up. Avoid rounding your shoulders or hunching over.
5. Keep your core muscles engaged. This will help you maintain a steady pace.
6. Keep your feet flat on the pedals. Avoid lifting your feet off the pedals.
7. Keep your arms straight and your elbows close to your body. Push the handles forward and back.
8. Keep your back straight and your head up. Avoid rounding your shoulders or hunching over.

THE WORKOUT

The elliptical machine is a great way to get a full-body workout. It's a low-impact exercise that can help you burn calories and improve your cardiovascular health. To get the most out of your workout, it's important to use proper form and technique. Start with a low resistance and a slow pace, and gradually increase as you become more comfortable. Keep your feet flat on the pedals and your arms straight. Push the handles forward and back, and keep your back straight and your head up. Avoid rounding your shoulders or hunching over. Keep your core muscles engaged. This will help you maintain a steady pace. The elliptical machine is a great way to get a full-body workout. It's a low-impact exercise that can help you burn calories and improve your cardiovascular health. To get the most out of your workout, it's important to use proper form and technique. Start with a low resistance and a slow pace, and gradually increase as you become more comfortable. Keep your feet flat on the pedals and your arms straight. Push the handles forward and back, and keep your back straight and your head up. Avoid rounding your shoulders or hunching over. Keep your core muscles engaged. This will help you maintain a steady pace.

MUSCLES WORKED



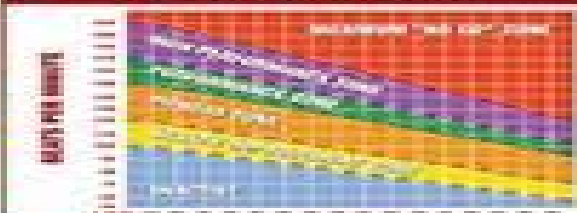
SAFETY

1. Always use proper form and technique. Start with a low resistance and a slow pace, and gradually increase as you become more comfortable.
2. Keep your feet flat on the pedals. Avoid lifting your feet off the pedals.
3. Keep your arms straight and your elbows close to your body. Push the handles forward and back.
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SELECT YOUR ZONE



HEART RATE ZONE



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