

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 "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. Do not swing your legs out in front of you. Keep your feet directly under your hips.
- 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 foot, depending on the stride length you prefer. Feet moving forward.

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, 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. 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 and your knees slightly bent.
3. Push the handles forward and back in a smooth motion.
4. Keep your arms relaxed and your elbows slightly bent.
5. Maintain a steady pace and avoid bouncing.
6. Use the console to monitor your speed, time, and distance.
7. Stop when you feel tired or out of breath.
8. Consult your doctor before starting any exercise program.

THE WORKOUT

Elliptical training is a low-impact, high-calorie-burning exercise that can help you lose weight and improve your overall health. It is a cardiovascular exercise that can help you improve your heart health and increase your endurance. It is a low-impact exercise that can help you protect your joints and reduce the risk of injury. It is a low-impact exercise that can help you improve your posture and reduce the risk of back pain. It is a low-impact exercise that can help you improve your balance and reduce the risk of falls. It is a low-impact exercise that can help you improve your coordination and reduce the risk of accidents. It is a low-impact exercise that can help you improve your concentration and reduce the risk of distraction. It is a low-impact exercise that can help you improve your focus and reduce the risk of error. It is a low-impact exercise that can help you improve your memory and reduce the risk of forgetfulness. It is a low-impact exercise that can help you improve your reasoning and reduce the risk of poor judgment. It is a low-impact exercise that can help you improve your decision-making and reduce the risk of poor choices. It is a low-impact exercise that can help you improve your problem-solving and reduce the risk of poor solutions. It is a low-impact exercise that can help you improve your creativity and reduce the risk of poor ideas. It is a low-impact exercise that can help you improve your communication and reduce the risk of poor understanding. It is a low-impact exercise that can help you improve your relationships and reduce the risk of poor connections. It is a low-impact exercise that can help you improve your life and reduce the risk of poor outcomes.

MUSCLES WORKED



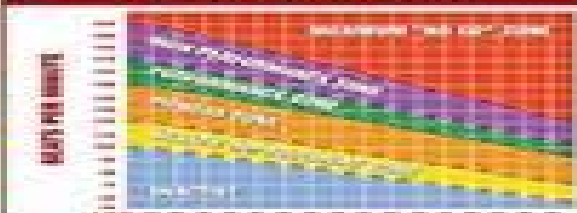
SAFETY

1. Always use proper posture and form.
2. Start with a low resistance and a slow pace. Gradually increase the resistance and speed as you become more comfortable.
3. Keep your feet flat on the pedals and your knees slightly bent.
4. Push the handles forward and back in a smooth motion.
5. Keep your arms relaxed and your elbows slightly bent.
6. Maintain a steady pace and avoid bouncing.
7. Use the console to monitor your speed, time, and distance.
8. Stop when you feel tired or out of breath.
9. Consult your doctor before starting any exercise program.

SELECT YOUR ZONE



HEART RATE ZONE



The elliptical is a low-impact, high-calorie-burning exercise that can help you lose weight and improve your overall health.

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