

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" 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.
- 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. A 150 lb person can burn approximately 300-500 calories per session, depending on the intensity of the workout.

Cardiovascular

Elliptical machines provide a low-impact cardiovascular workout. This helps improve heart health and circulation, which can lead to a longer, healthier life.

Joints

Elliptical machines are a great way to exercise without putting too much stress on your joints. This is because the motion is smooth and controlled, unlike running or jumping.

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 chest to engage more 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, incline, 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 running 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

It takes a few days to get used to the elliptical motion. 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 against the pedals at all times. The foot should remain flat against the footplate, using the entire foot to push against the pedals.
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. Avoid the temptation to use your hands to push or pull the handles. This can lead to a less effective workout and may cause injury.
6. Keep your feet flat against the pedals at all times. The foot should remain flat against the footplate, using the entire foot to push against the pedals.
7. Avoid the temptation to use your hands to push or pull the handles. This can lead to a less effective workout and may cause injury.
8. Keep your feet flat against the pedals at all times. The foot should remain flat against the footplate, using the entire foot to push against the pedals.

THE WORKOUT

Elliptical machines are a great way to burn calories and lose weight. A 150 lb person can burn approximately 300-500 calories per session, depending on the intensity of the workout. The elliptical machine provides a low-impact cardiovascular workout. This helps improve heart health and circulation, which can lead to a longer, healthier life. The elliptical machine is a great way to exercise without putting too much stress on your joints. This is because the motion is smooth and controlled, unlike running or jumping. The elliptical machine can be pedaled forward and backward. In addition the resistance and motion can be adjusted. Forward Motion - motion mimicking running 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.

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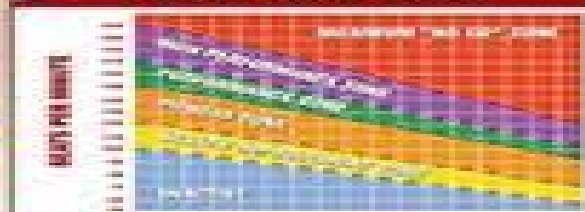
SAFETY

1. Always use proper posture and form when using the elliptical machine.
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 against the pedals at all times. The foot should remain flat against the footplate, using the entire foot to push against the pedals.
4. Hold the handles with a light grip and keep elbows relaxed.
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8. Avoid the temptation to use your hands to push or pull the handles. This can lead to a less effective workout and may cause injury.

SELECT YOUR ZONE



HEART RATE ZONE



The elliptical machine is a great way to burn calories and lose weight. A 150 lb person can burn approximately 300-500 calories per session, depending on the intensity of the workout.

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Elliptical Machine Chart Poster

BM King

A decorative red curved shape, resembling a stylized 'C' or a partial circle, is positioned to the right of the 'BM King' text.

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