

# 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.
- 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. 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 against your chest to engage 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, 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 running 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.

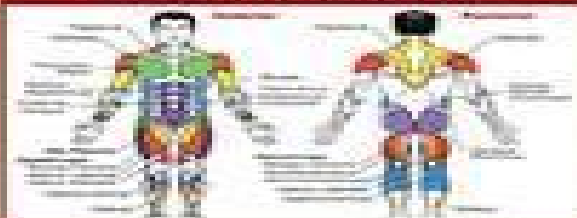
### ELLIPTICAL BASICS

1. Stand tall with a slight forward lean at the hips (not swiveling in a hunched forward position with rounded shoulders and upper back "caving" in).
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.
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. 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.
6. 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. Make sure they are lined up.
7. Use the handles to get on and off the machine. Grip the handles lightly as you can maintain proper posture. Do not lean against them.

### THE WORKOUT

1. Warm-up: 5 minutes at a low resistance and low speed.
2. Main workout: 20-30 minutes at a moderate resistance and speed.
3. Cool-down: 5 minutes at a low resistance and low speed.
4. Stretching: 5-10 minutes of static stretching for the major muscle groups.

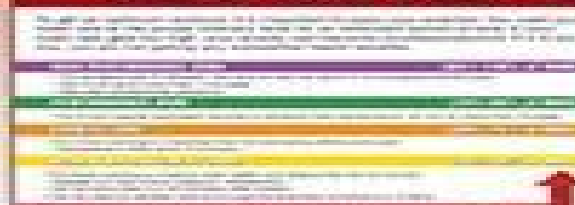
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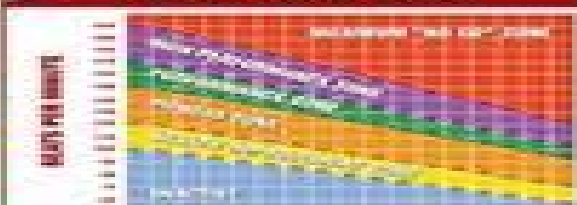
### SAFETY

1. Always use proper posture and form.
2. Do not use the machine if you have any medical conditions that may be affected by exercise.
3. Do not use the machine if you are pregnant or have a heart condition.
4. Do not use the machine if you are taking any medication that may be affected by exercise.
5. Do not use the machine if you are feeling dizzy or lightheaded.
6. Do not use the machine if you are feeling any pain or discomfort.
7. Do not use the machine if you are feeling any fatigue or exhaustion.
8. Do not use the machine if you are feeling any weakness or instability.
9. Do not use the machine if you are feeling any numbness or tingling.
10. Do not use the machine if you are feeling any other symptoms that may be affected by exercise.

### 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.

www.productivefitness.com

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# Elliptical Machine Chart Poster

**Hussin A.Rothana**

A red circular graphic with a gradient, appearing as a semi-circle or a partial circle, located to the right of the author's name.

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web chally assessment system is a collection of scales designed to predict performance in specific types of sales and managerial jobs the results showed that the relevant scales of the chally assessment significantly predicted sales performance sample the sample consisted of 137 employees of a national advertising sales and

*chally sales assessment sample questions 2022* - Jul 19 2022

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