

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 "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.
- Throughout your pedal stroke to the edge of the pedal, you can place "heel" forward and "toe" on the back, depending on the stride length you prefer. Heel 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, 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 motion with traditional treadmills and running.

Reverse Motion - motion is being motion with greater glutes, quadriceps and calf involvement.

Pushing Forward - greater pushing work.

Pushing Backward - greater hamstring work.

ELLIPTICAL BASICS

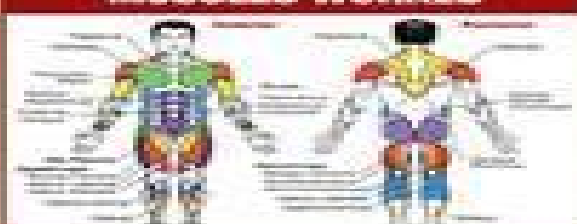
It takes a few days to get used to the elliptical machine. Here are some tips to help you get started.

1. Start with a low resistance and a slow pace. Gradually increase the resistance and speed as you become more comfortable.
2. Focus on your posture and form. Keep your back straight and your feet flat on the pedals.
3. Use the handles to help you maintain your balance and form.
4. Start with a low resistance and a slow pace. Gradually increase the resistance and speed as you become more comfortable.
5. Focus on your posture and form. Keep your back straight and your feet flat on the pedals.
6. Use the handles to help you maintain your balance and form.
7. Start with a low resistance and a slow pace. Gradually increase the resistance and speed as you become more comfortable.
8. Focus on your posture and form. Keep your back straight and your feet flat on the pedals.
9. Use the handles to help you maintain your balance and form.
10. Start with a low resistance and a slow pace. Gradually increase the resistance and speed as you become more comfortable.

THE WORKOUT

1. Warm-up: 5 minutes at low resistance and speed.
2. Main workout: 20 minutes at medium resistance and speed.
3. Cool-down: 5 minutes at low resistance and speed.
4. Total workout: 30 minutes.
5. Resistance: 10-15% of body weight.
6. Speed: 1.5-2.0 mph.
7. Incline: 0-10%.
8. Heart rate: 140-160 bpm.
9. Calories burned: 300-500.
10. Benefits: Improves cardiovascular health, burns calories, and tones muscles.

MUSCLES WORKED



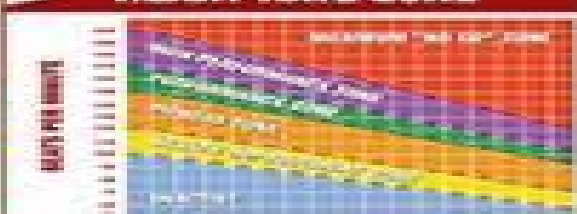
SAFETY

1. Always use proper posture and form.
2. Start with a low resistance and a slow pace.
3. Gradually increase the resistance and speed as you become more comfortable.
4. Focus on your posture and form. Keep your back straight and your feet flat on the pedals.
5. Use the handles to help you maintain your balance and form.
6. Start with a low resistance and a slow pace. Gradually increase the resistance and speed as you become more comfortable.
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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.

www.productivefitness.com

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Elliptical Machine Chart Poster

JE Gale

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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Table of Contents Elliptical Machine Chart Poster

1. Understanding the eBook Elliptical Machine Chart Poster
 - The Rise of Digital Reading Elliptical Machine Chart Poster
 - Advantages of eBooks Over Traditional Books
2. Identifying Elliptical Machine Chart Poster
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Elliptical Machine Chart Poster
 - User-Friendly Interface
4. Exploring eBook Recommendations from Elliptical Machine Chart Poster
 - Personalized Recommendations
 - Elliptical Machine Chart Poster User Reviews and Ratings
 - Elliptical Machine Chart Poster and Bestseller Lists

5. Accessing Elliptical Machine Chart Poster Free and Paid eBooks
 - Elliptical Machine Chart Poster Public Domain eBooks
 - Elliptical Machine Chart Poster eBook Subscription Services
 - Elliptical Machine Chart Poster Budget-Friendly Options
6. Navigating Elliptical Machine Chart Poster eBook Formats
 - ePub, PDF, MOBI, and More
 - Elliptical Machine Chart Poster Compatibility with Devices
 - Elliptical Machine Chart Poster Enhanced eBook Features
7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Elliptical Machine Chart Poster
 - Highlighting and Note-Taking Elliptical Machine Chart Poster
 - Interactive Elements Elliptical Machine Chart Poster
8. Staying Engaged with Elliptical Machine Chart Poster
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Elliptical Machine Chart Poster
9. Balancing eBooks and Physical Books Elliptical Machine Chart Poster
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Elliptical Machine Chart Poster
10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
11. Cultivating a Reading Routine Elliptical Machine Chart Poster
 - Setting Reading Goals Elliptical Machine Chart Poster
 - Carving Out Dedicated Reading Time
12. Sourcing Reliable Information of Elliptical Machine Chart Poster
 - Fact-Checking eBook Content of Elliptical Machine Chart Poster
 - Distinguishing Credible Sources
13. Promoting Lifelong Learning

- Utilizing eBooks for Skill Development
- Exploring Educational eBooks

14. Embracing eBook Trends

- Integration of Multimedia Elements
- Interactive and Gamified eBooks

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