

# 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 handlebars 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. Bumpy elbows through the handlebars.
- 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 HANDLEBARS

Move the handlebars and push the handlebars against your upper body muscles.

### STATIONARY HANDLEBARS

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** - motion including motion with substantial quadriceps and hamstring work.

**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 good 10-15 minutes to get into an elliptical workout. Here are some tips to help you get started.

1. Start with a low resistance and a low speed. As you get used to the machine, you can increase the resistance and speed.
2. Keep your feet flat on the pedals. This will help you maintain proper form and prevent injury.
3. Keep your arms straight. Bumpy elbows through the handlebars.
4. Keep your back straight. This will help you maintain proper form and prevent injury.
5. Keep your head up. This will help you maintain proper form and prevent injury.
6. Keep your feet flat on the pedals. This will help you maintain proper form and prevent injury.
7. Keep your arms straight. Bumpy elbows through the handlebars.
8. Keep your back straight. This will help you maintain proper form and prevent injury.
9. Keep your head up. This will help you maintain proper form and prevent injury.
10. Keep your feet flat on the pedals. This will help you maintain proper form and prevent injury.

### THE WORKOUT

1. Warm-up: 5 minutes at low resistance and low speed.
2. Main workout: 20-30 minutes at moderate resistance and speed.
3. Cool-down: 5 minutes at low resistance and low speed.
4. Total workout: 30-40 minutes.
5. Rest: 1-2 minutes between sets.
6. Repeat: 3-4 sets of the main workout.
7. Total workout: 30-40 minutes.
8. Rest: 1-2 minutes between sets.
9. Repeat: 3-4 sets of the main workout.
10. Total workout: 30-40 minutes.

### MUSCLES WORKED



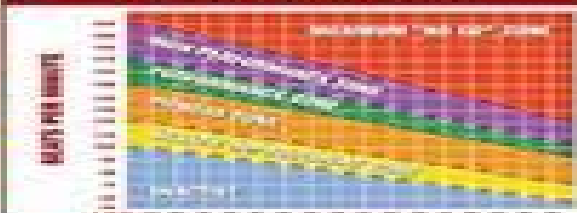
### SAFETY

1. Always use proper form and technique.
2. Start with a low resistance and low speed.
3. Keep your feet flat on the pedals.
4. Keep your arms straight.
5. Keep your back straight.
6. Keep your head up.
7. Keep your feet flat on the pedals.
8. Keep your arms straight.
9. Keep your back straight.
10. Keep your head up.

### 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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# Elliptical Machine Chart Poster

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