

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. The foot should remain flat against the footplate (no "heel striking" or "toe striking" through the pedal stroke).
- 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" or "heel" and "toe" 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 workout that can help you lose weight and improve your overall health.

Cardiovascular

Elliptical training is a cardiovascular workout that can help you improve your heart health and increase your endurance.

Joint Health

Elliptical training is a low-impact workout that can help you reduce the risk of joint pain and 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 upper body motion.

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 incline can be adjusted.

Forward Motion - motion mimicking motion with traditional treadmills and running.

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

Pushing Forward - greater quadriceps work.

Pushing Backward - greater hamstring work.

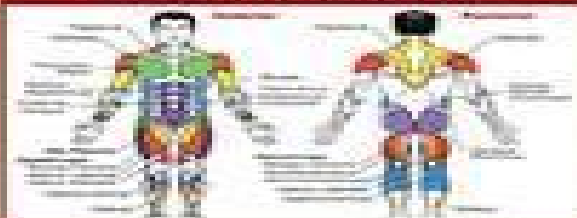
ELLIPTICAL BASICS

1. Stand tall with a slight forward lean at the hips (not leaning in a hunched forward position with rounded shoulders and upper back "locking" closed).
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 (no "heel striking" or "toe striking" through the pedal stroke).
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. Throughout your pedal stroke to the edge of the pedal, you can place "heel" forward and "toe" or "heel" and "toe" depending on the stride length you prefer. Heel moving forward.
7. Use the moving handles to get on and off the machine. Grip the handles lightly as you can maintain proper posture. Do not lean on them.
8. 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.
9. Most elliptical machines can be pedaled forward and backward. In addition the resistance and incline can be adjusted.
10. Forward Motion - motion mimicking motion with traditional treadmills and running.
11. Backward Motion - motion is being motion with greater glutes, quadriceps and calf involvement.
12. Pushing Forward - greater quadriceps work.
13. Pushing Backward - greater hamstring work.

THE WORKOUT

1. Warm-up: 5 minutes at low resistance and low incline.
2. Main workout: 20-30 minutes at moderate resistance and moderate incline.
3. Cool-down: 5 minutes at low resistance and low incline.
4. Total workout time: 30-40 minutes.
5. Resistance: Adjust the resistance to a level that challenges you but allows you to maintain proper form.
6. Incline: Adjust the incline to a level that challenges you but allows you to maintain proper form.
7. Heart rate: Monitor your heart rate during the workout to ensure you are working at a target heart rate.
8. Breathing: Breathe deeply and rhythmically throughout the workout.
9. Posture: Maintain proper posture throughout the workout.
10. Hydration: Drink water throughout the workout.
11. Rest: Take short breaks during the workout if needed.
12. Progression: Gradually increase the resistance and incline over time.
13. Consistency: Aim to work out regularly for the best results.
14. Enjoyment: Make your workout fun by listening to music or watching TV.

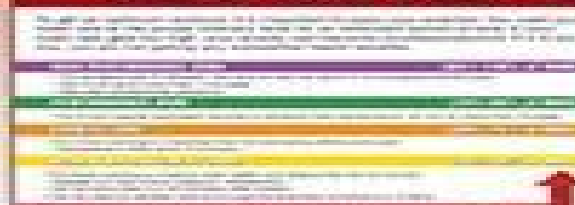
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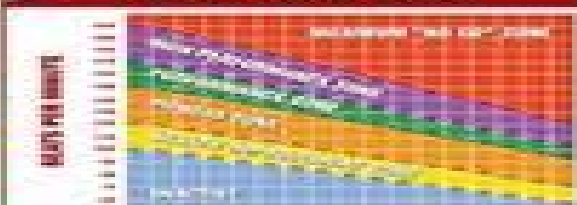
SAFETY

1. Always use proper form and technique.
2. Start with a low resistance and low incline.
3. Increase the resistance and incline gradually.
4. Stop if you feel pain or discomfort.
5. Use the moving handles to get on and off the machine.
6. Grip the handles lightly.
7. Do not lean on the handles.
8. Breathe deeply and rhythmically.
9. Maintain proper posture.
10. Drink water throughout the workout.
11. Take short breaks if needed.
12. Gradually increase the resistance and incline.
13. Aim to work out regularly.
14. Make your workout fun.

SELECT YOUR ZONE



HEART RATE ZONE



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

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Elliptical Machine Chart Poster

Daniel F McAuley



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