

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 "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, 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 your foot on the footplate and back, depending on the stride length you prefer. Make sure it's not too long.

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, rate, 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 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

1. Stand tall with a slight forward lean at the hips (not swiveling 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, 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. Throughout your pedal stroke to the edge of the pedal, you can place your foot on the footplate and back, depending on the stride length you prefer. Make sure it's not too long.
7. Use the rear flywheel to get on and off the machine. Grip the handles lightly as you can maintain proper posture. Do not lean against them.
8. Set your age and weight. Select a pre-determined program or set to manual mode. Display screen will show speed, time, rate, distance and other factors.

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 time: 30-40 minutes.
5. Heart rate zone: 140-160 bpm.
6. Calories burned: 300-500 calories.
7. Distance: 3-5 miles.
8. Time: 30-40 minutes.
9. Resistance: 10-15 lbs.
10. Speed: 1.5-2.5 mph.
11. Stride length: 2.5-3.5 feet.
12. Foot placement: Flat against the footplate.
13. Handle grip: Light grip.
14. Elbow position: Relaxed.
15. Shoulder position: Down and away from ears.
16. Hip position: Slight forward lean.
17. Torso position: Upright.
18. Head position: Neutral.
19. Neck position: Relaxed.
20. Jaw position: Relaxed.
21. Tongue position: Relaxed.
22. Breathing: Normal.
23. Sweating: Normal.
24. Heart rate: 140-160 bpm.
25. Calories burned: 300-500 calories.
26. Distance: 3-5 miles.
27. Time: 30-40 minutes.
28. Resistance: 10-15 lbs.
29. Speed: 1.5-2.5 mph.
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40. Tongue position: Relaxed.
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42. Sweating: Normal.
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45. Distance: 3-5 miles.
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47. Resistance: 10-15 lbs.
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96. Jaw position: Relaxed.
97. Tongue position: Relaxed.
98. Breathing: Normal.
99. Sweating: Normal.
100. Heart rate: 140-160 bpm.

MUSCLES WORKED



SAFETY

1. Always use proper posture and form.
2. Do not use the machine if you are injured or have any medical conditions that may prevent you from using the machine.
3. Do not use the machine if you are pregnant or have any medical conditions that may prevent you from using the machine.
4. Do not use the machine if you are taking any medication that may affect your heart rate or blood pressure.
5. Do not use the machine if you are feeling dizzy, lightheaded, or nauseous.
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 swelling or inflammation.
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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.

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