

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.
- Keep your feet parallel to the edge of the pedal, you can place "toe" boards at the front of the footplate, depending on the stride length you prefer. Make sure they are fixed 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 HANDLES

Move the handles and push the handles against 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 pushing motion with substantial quadriceps and hamstring work.

Reverse Motion - involves a pulling motion with greater gluteus, quadriceps and calf involvement.

Pushing Forward - greater quadriceps work.

Pulling 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. Keep your feet flat against the footplate. Avoid lifting your feet off the pedals.
3. Push the handles forward and pull them back. Keep your elbows relaxed.
4. Keep your back straight and your head up. Avoid hunching over the machine.
5. Use the foot pedals to push and pull. Avoid using your hands to push and pull.
6. Keep your feet parallel to the edge of the pedal. You can place "toe" boards at the front of the footplate, depending on the stride length you prefer.
7. 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.
8. Keep your feet parallel to the edge of the pedal. You can place "toe" boards at the front of the footplate, depending on the stride length you prefer.

THE WORKOUT

Elliptical training is a low-impact, high-calorie-burning exercise that can help you lose weight and improve your overall health. It is a cardiovascular exercise that can help you improve your heart health and increase your endurance. It is a low-impact exercise that can help you protect your joints and reduce the risk of injury. It is a great exercise for people of all ages and fitness levels. It is a great exercise for people who are looking for a low-impact, high-calorie-burning exercise that can help them lose weight and improve their overall health. It is a great exercise for people who are looking for a low-impact, high-calorie-burning exercise that can help them lose weight and improve their overall health.

MUSCLES WORKED



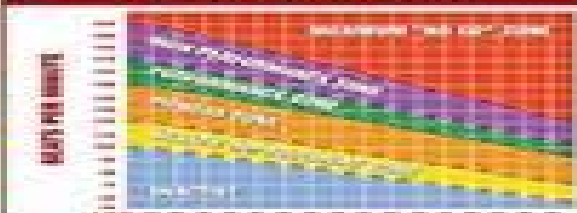
SAFETY

1. Always use proper form and technique when using the elliptical machine.
2. Start with a low resistance and a slow pace. Gradually increase the resistance and speed as you become more comfortable.
3. Keep your feet flat against the footplate. Avoid lifting your feet off the pedals.
4. Push the handles forward and pull them back. Keep your elbows relaxed.
5. Keep your back straight and your head up. Avoid hunching over the machine.
6. Use the foot pedals to push and pull. Avoid using your hands to push and pull.
7. Keep your feet parallel to the edge of the pedal. You can place "toe" boards at the front of the footplate, depending on the stride length you prefer.
8. 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.

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

Lei Huang

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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