

# 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). Keep feet flat.
- Push your shoulders down and away from your ears. Relax a slight bit at the elbows.
- Hold the handles with a light grip and lean slightly ahead. Keep your feet in contact with the pedals at all times. Do not swing your arms or your legs. Keep your arms straight and your feet flat.
- During the forward and backward motion, avoid bouncing as this allows you to lean greatly to the side. Keep the pedals rather than your muscles resulting in a more efficient workout.
- Always grip the console by the edge of the pedals, you can slide your feet forward or back to adjust the length of the stride. A slight forward lean is best. If you are leaning on the stride, your posture may become poor.

### REAR FLYWHEEL

### HEALTH BENEFITS

**Weight Loss**

**Cardiovascular**

**Joint**



### MOVING HANDLES

Flexibly moving and pushing the handles engage more upper body muscles.

### STATIONARY HANDLES

Less stress. Consider to get on and off the machine. Only the handles lightly as you lean forward. Proper posture. Do not lean backward.

### CONSOLE

Set your light and weight. Select a stride. Read program or set to manual mode. Display shows time, speed, heart rate, incline and other metrics.

### CORD RAILSTOPS

### MOVEMENT

Most elliptical machines can be pedaled forward and backward. In addition the resistance and motion can be adjusted.

**Lean while** - motion including motion with resistance, stride and pedaling.

**Pushing forward** - motion including motion with greater stride, resistance and self resistance.

**Pushing backward** - motion including motion with greater stride, resistance and self resistance.

### FOOT PEDALS

Larger foot pedals, allow you to adjust your stride length by positioning your feet at different ends of the pedals.

### 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). Keep feet flat.
- 2. Push your shoulders down and away from your ears. Relax a slight bit at the elbows.
- 3. Hold the handles with a light grip and lean slightly ahead. Keep your feet in contact with the pedals at all times. Do not swing your arms or your legs. Keep your arms straight and your feet flat.
- 4. During the forward and backward motion, avoid bouncing as this allows you to lean greatly to the side. Keep the pedals rather than your muscles resulting in a more efficient workout.
- 5. Always grip the console by the edge of the pedals, you can slide your feet forward or back to adjust the length of the stride. A slight forward lean is best. If you are leaning on the stride, your posture may become poor.

### THE WORKOUT

1. Warm-up: 5-10 minutes at a low resistance and speed.

2. Main workout: 20-30 minutes at a moderate to high resistance and speed.

3. Cool-down: 5-10 minutes at a low resistance and speed.

4. Total workout time: 30-45 minutes.

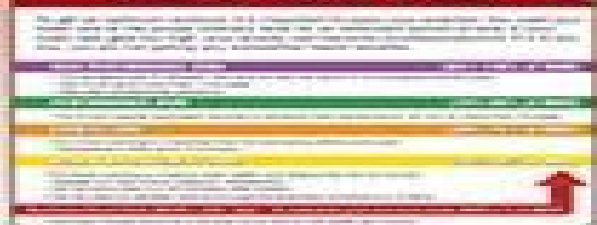
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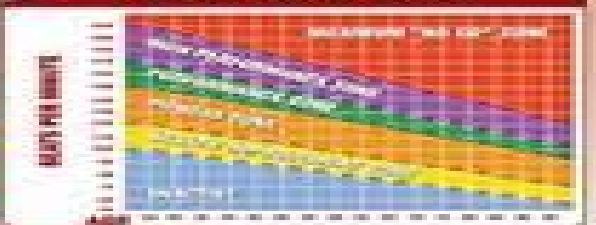
### SAFETY

- 1. Always use proper form and posture.
- 2. Start with a low resistance and speed.
- 3. Increase resistance and speed gradually.
- 4. Stop if you feel any pain or discomfort.
- 5. Use the handrails for support.
- 6. Keep your feet flat on the pedals.
- 7. Avoid leaning back or forward.
- 8. Keep your arms straight.
- 9. Do not swing your arms or legs.
- 10. Use the emergency stop button if needed.

### SELECT YOUR ZONE



### HEART RATE ZONE



# Elliptical Machine Chart Poster

**Zhe Xu**



## Elliptical Machine Chart Poster:

## Unveiling the Energy of Verbal Beauty: An Emotional Sojourn through **Elliptical Machine Chart Poster**

In some sort of inundated with monitors and the cacophony of immediate interaction, the profound energy and psychological resonance of verbal art often diminish in to obscurity, eclipsed by the continuous onslaught of noise and distractions. Yet, nestled within the lyrical pages of **Elliptical Machine Chart Poster**, a fascinating work of fictional brilliance that impulses with fresh emotions, lies an memorable trip waiting to be embarked upon. Written by a virtuoso wordsmith, that magical opus books visitors on a mental odyssey, lightly revealing the latent possible and profound impact embedded within the complex web of language. Within the heart-wrenching expanse with this evocative examination, we can embark upon an introspective exploration of the book is central themes, dissect their fascinating publishing type, and immerse ourselves in the indelible impact it leaves upon the depths of readers souls.

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