

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 (not leaning back).
- 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" on the back, 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.

Joints

Elliptical training is a low-impact workout 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 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 including motion with substantial quadriceps and hamstring work.

Reverse 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 leaning in a hunched forward position with rounded shoulders and upper back "caving" in).
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 (not leaning back).
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" on the back, depending on the stride length you prefer. Heel moving forward.
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 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 including motion with substantial quadriceps and hamstring work.
11. **Reverse Motion** - motion is being motion with greater gluteus, 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 speed.
2. Main workout: 20-30 minutes at moderate to high resistance and speed.
3. Cool-down: 5 minutes at low resistance and low speed.
4. Total workout time: 30-45 minutes.
5. Resistance: Adjust the resistance to a level that challenges you but allows you to maintain proper form.
6. Speed: Adjust the speed to a level that challenges you but allows you to maintain proper form.
7. Incline: Adjust the incline to a level that challenges you but allows you to maintain proper form.
8. Heart rate: Monitor your heart rate during the workout to ensure you are working at a target heart rate zone.
9. Breathing: Breathe deeply and rhythmically throughout the workout.
10. Hydration: Drink water before, during, and after the workout.
11. Posture: Maintain proper posture throughout the workout.
12. Form: Maintain proper form throughout the workout.
13. Consistency: Aim to work out regularly for the best results.
14. Variety: Try different programs and settings to keep your workout interesting.
15. Progression: Gradually increase the resistance and speed over time to continue to challenge yourself.

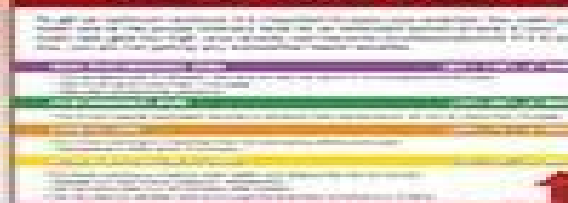
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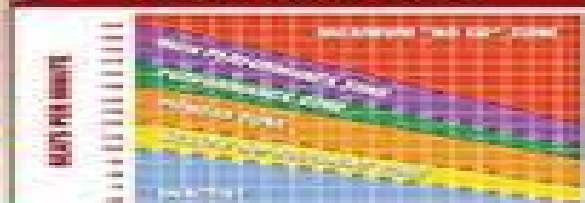
SAFETY

1. Always use proper form and technique.
2. Start with a low resistance and speed, and gradually increase as you become more comfortable.
3. Avoid overexerting yourself, especially if you are new to exercise.
4. Stop if you experience any pain or discomfort.
5. Wear proper footwear and clothing.
6. Keep the machine clean and well-maintained.
7. Use the safety key to stop the machine in case of an emergency.
8. Avoid using the machine if you are pregnant or have any medical conditions.
9. Consult your doctor before starting any exercise program.
10. Stay hydrated throughout the workout.
11. Take breaks as needed.
12. Listen to your body and stop if you feel any pain or discomfort.
13. Use the safety key to stop the machine in case of an emergency.
14. Avoid using the machine if you are pregnant or have any medical conditions.
15. Consult your doctor before starting any exercise program.

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.

www.productivefitness.com

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Elliptical Machine Chart Poster

George Worthington

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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Elliptical Machine Chart Poster: Bestsellers in 2023 The year 2023 has witnessed a remarkable surge in literary brilliance, with numerous engrossing novels captivating the hearts of readers worldwide. Lets delve into the realm of top-selling books, exploring the fascinating narratives that have enthralled audiences this year. Elliptical Machine Chart Poster : Colleen Hoover's "It Ends with Us" This touching tale of love, loss, and resilience has captivated readers with its raw and emotional exploration of domestic abuse. Hoover expertly weaves a story of hope and healing, reminding us that even in the darkest of times, the human spirit can prevail. Uncover the Best : Taylor Jenkins Reids "The Seven Husbands of Evelyn Hugo" This captivating historical fiction novel unravels the life of Evelyn Hugo, a Hollywood icon who defies expectations and societal norms to pursue her dreams. Reids captivating storytelling and compelling characters transport readers to a bygone era, immersing them in a world of glamour, ambition, and self-discovery. Discover the Magic : Delia Owens "Where the Crawdads Sing" This evocative coming-of-age story follows Kya Clark, a young woman who grows up alone in the marshes of North Carolina. Owens crafts a tale of resilience, survival, and the transformative power of nature, captivating readers with its evocative prose and mesmerizing setting. These bestselling novels represent just a fraction of the literary treasures that have emerged in 2023. Whether you seek tales of romance, adventure, or personal growth, the world of literature offers an abundance of engaging stories waiting to be discovered. The novel begins with Richard Papen, a bright but troubled young man, arriving at Hampden College. Richard is immediately drawn to the group of students who call themselves the Classics Club. The club is led by Henry Winter, a brilliant and charismatic young man. Henry is obsessed with Greek mythology and philosophy, and he quickly draws Richard into his world. The other members of the Classics Club are equally as fascinating. Bunny Corcoran is a wealthy and spoiled young man who is always looking for a good time. Charles Tavis is a quiet and reserved young man who is deeply in love with Henry. Camilla Macaulay is a beautiful and intelligent young woman who is drawn to the power and danger of the Classics Club. The students are all deeply in love with Morrow, and they are willing to do anything to please him. Morrow is a complex and mysterious figure, and he seems to be manipulating the students for his own purposes. As the students become more involved with Morrow, they begin to commit increasingly dangerous acts. The Secret History is a masterful and suspenseful novel that will keep you guessing until the very end. The novel is a warning tale about the dangers of obsession and the power of evil.

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