

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 sticking forward).
- Push your shoulders down and away from your ears. Relax a slight bend at the elbows.
- Hold the handlebars with a light grip and loose elbows. Always keep your feet in contact with the pedals at all times. This is most obvious with circular feet. Keep your arms straight. Bumpy elbows through the handlebars.
- 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 them forward or backward on the foot, depending on the stride length you prefer. Feet being lined up.

REAR FLYWHEEL

HEALTH BENEFITS

Weight Loss

Elliptical machines are a great way to burn calories and lose weight. A 150 lb person can burn approximately 300-500 calories per session, depending on intensity and duration.

Cardiovascular

Elliptical machines provide a low-impact cardiovascular workout that improves heart health and circulation.

Joints

Elliptical machines are a low-impact exercise that is gentle on the joints, making it ideal for people with arthritis or other joint issues.

FOOT PEDALS

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



MOVING HANDLEBARS

Move the handlebars and push the handlebars against your upper body muscles.

STATIONARY HANDLEBARS

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.

Speed stroke - motion including motion with substantial quadriceps and hamstring motion.

Reverse stroke - 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 sticking forward).
2. Push your shoulders down and away from your ears. Relax a slight bend at the elbows.
3. Hold the handlebars with a light grip and loose elbows. Always keep your feet in contact with the pedals at all times. This is most obvious with circular feet. Keep your arms straight. Bumpy elbows through the handlebars.
4. 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.
5. Keep your feet parallel to the edge of the pedal, you can place them forward or backward on the foot, depending on the stride length you prefer. Feet being lined up.
6. Larger foot pedals, allow you to adjust your stride length by positioning your feet at different ends of the pedals.

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.
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 throughout the workout to ensure you are working in the target zone.

MUSCLES WORKED



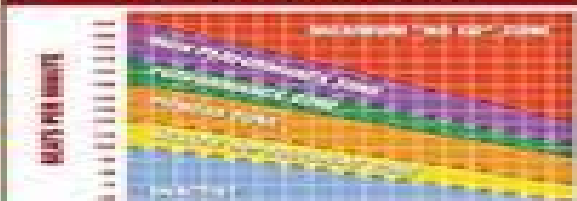
SAFETY

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 overexertion and listen to your body. Stop if you feel pain or discomfort.
4. Keep your feet in contact with the pedals at all times.
5. Hold the handlebars with a light grip and loose elbows.
6. Avoid leaning on the handlebars.
7. Keep your core engaged throughout the workout.
8. Stay hydrated throughout the workout.
9. Stop if you feel any pain or discomfort.
10. Consult your doctor before starting any new exercise routine.

SELECT YOUR ZONE



HEART RATE ZONE



The elliptical is a low-impact exercise that is gentle on the joints, making it ideal for people with arthritis or other joint issues.

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