

# 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 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 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 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 stride** - motion including motion with substantial quadriceps and hamstring motion.

**Power stride** - 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, 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. 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.

### THE WORKOUT

1. Warm up for 5 minutes at a low resistance and speed.
2. Increase the resistance and speed to a moderate level.
3. Maintain this level for 10 minutes.
4. Increase the resistance and speed to a high level.
5. Maintain this level for 10 minutes.
6. Decrease the resistance and speed to a low level.
7. Cool down for 5 minutes at a low resistance and speed.

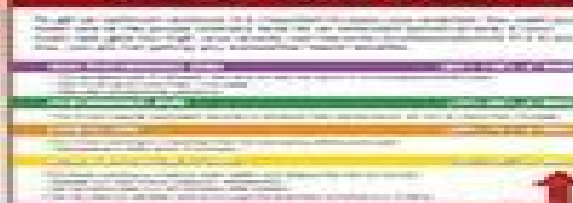
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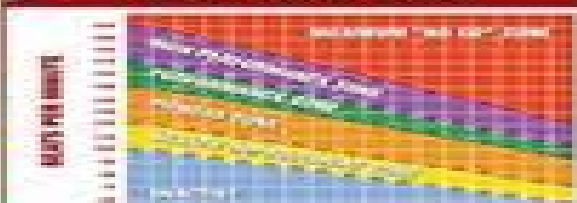
### SAFETY

1. Always use proper posture and form.
2. Do not use the machine if you are injured or have any medical conditions that may be affected by exercise.
3. Do not use the machine if you are pregnant or have any medical conditions that may be affected by exercise.
4. Do not use the machine if you are taking any medication that may be affected by exercise.
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 other symptoms that may be affected by exercise.

### SELECT YOUR ZONE



### HEART RATE ZONE



The elliptical 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.

www.productivefitness.com

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# Elliptical Machine Chart Poster

**RJ Shavelson**

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.

## Elliptical Machine Chart Poster:

## Unveiling the Magic of Words: A Overview of "**Elliptical Machine Chart Poster**"

In a global defined by information and interconnectivity, the enchanting power of words has acquired unparalleled significance. Their ability to kindle emotions, provoke contemplation, and ignite transformative change is truly awe-inspiring. Enter the realm of "**Elliptical Machine Chart Poster**," a mesmerizing literary masterpiece penned by a distinguished author, guiding readers on a profound journey to unravel the secrets and potential hidden within every word. In this critique, we shall delve to the book is central themes, examine its distinctive writing style, and assess its profound affect the souls of its readers.

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