

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 "locking" closed).
- 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. Breathe through the nose.
- 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 "heel" boards at the front of the foot, depending on the stride length you prefer. Make sure they are.

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. Regular use can help lower blood pressure and improve overall cardiovascular fitness.

Joints

Elliptical machines are a low-impact exercise that is gentle on the joints. This makes it an ideal choice for people with arthritis or other joint issues, as it provides a cardiovascular workout without the high-impact of running or jumping.

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 motion 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.

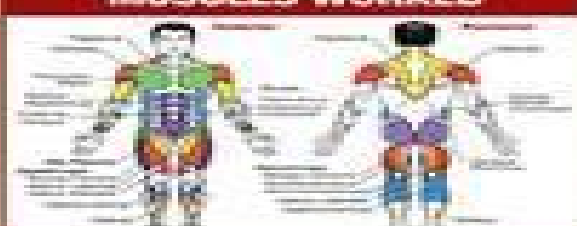
ELLIPTICAL BASICS

1. Stand tall with a slight forward lean at the hips (not leaning in a hunched forward position with rounded shoulders and upper back "locking" closed).
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. Breathe through the nose.
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 "heel" boards at the front of the foot, depending on the stride length you prefer. Make sure they are.
6. Use the moving handlebars to get on and off the machine. Grip the handles lightly as you can maintain proper posture. Do not lean on them.
7. 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.
8. Most elliptical machines can be pedaled forward and backward. In addition the resistance and motion can be adjusted.

THE WORKOUT

1. Warm-up: 5 minutes at low resistance and speed.
2. Main workout: 20-30 minutes at moderate to high resistance and speed.
3. Cool-down: 5 minutes at low resistance and speed.
4. Total workout time: 30-40 minutes.
5. Resistance: Adjust to your fitness level. Start with a resistance that allows you to complete the workout without feeling exhausted.
6. Speed: Adjust to your fitness level. Start with a speed that allows you to complete the workout without feeling exhausted.
7. Heart rate: Monitor your heart rate during the workout. Aim for a heart rate between 140-160 bpm.
8. Breathing: Breathe through the nose during the workout.
9. Posture: Maintain good posture throughout the workout.
10. Hydration: Drink water before, during, and after the workout.

MUSCLES WORKED



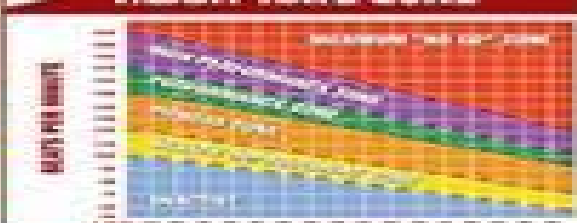
SAFETY

1. Always use proper posture and form.
2. Do not use the machine if you are pregnant or have any medical conditions that may be affected by exercise.
3. Do not use the machine if you are feeling dizzy, lightheaded, or have any other symptoms that may be related to exercise.
4. Do not use the machine if you are feeling any pain or discomfort.
5. Do not use the machine if you are feeling any fatigue or exhaustion.
6. Do not use the machine if you are feeling any weakness or instability.
7. Do not use the machine if you are feeling any numbness or tingling.
8. Do not use the machine if you are feeling any other symptoms that may be related to exercise.
9. Do not use the machine if you are feeling any other symptoms that may be related to exercise.
10. Do not use the machine if you are feeling any other symptoms that may be related to exercise.

SELECT YOUR ZONE



HEART RATE ZONE



The elliptical is a low-impact exercise machine that provides a cardiovascular workout without the high-impact of running or jumping.

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