

# 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.
- Throughout your pedal stroke to the edge of the pedal, you can place "heel, toe, heel" on the footplate, depending on the stride length you prefer. Heel drives lead up.

### 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 HANDLEBARS

Movably rotating and pushing the handles engages more 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 can show speed, heart rate, time, 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.

**Forward Motion** - motion mimicking motion with substantial quadriceps and hamstring work.

**Backward Motion** - motion is being motion with greater gluteus, quadriceps and calf involvement.

**Pushing Forward** - greater quadriceps work.

**Pushing Backward** - greater hamstring work.

### ELLIPTICAL BASICS

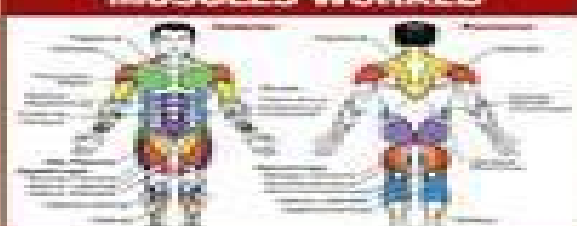
It takes a few days to get used to the elliptical machine. Here are some tips to help you get started.

1. Adjust the console to your height and weight.
2. Adjust the foot pedals to your foot length.
3. Place the foot pedals on the floor and step on them.
4. Push the foot pedals down and up.
5. Push the foot pedals forward and backward.
6. Push the foot pedals up and down.
7. Push the foot pedals forward and backward.
8. Push the foot pedals up and down.
9. Push the foot pedals forward and backward.
10. Push the foot pedals up and down.

### THE WORKOUT

The elliptical machine is a low-impact, high-calorie-burning workout that can help you lose weight and improve your overall health. It is a cardiovascular workout that can help you improve your heart health and increase your endurance. The elliptical machine is a low-impact workout that can help you protect your joints and reduce the risk of injury. It is a low-impact workout that can help you improve your heart health and increase your endurance. The elliptical machine is a low-impact workout that can help you protect your joints and reduce the risk of injury. It is a low-impact workout that can help you improve your heart health and increase your endurance.

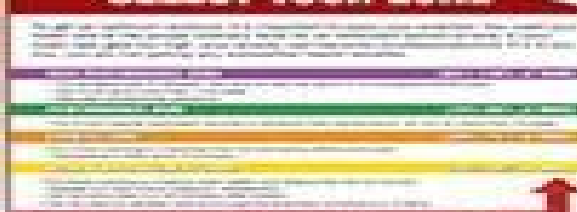
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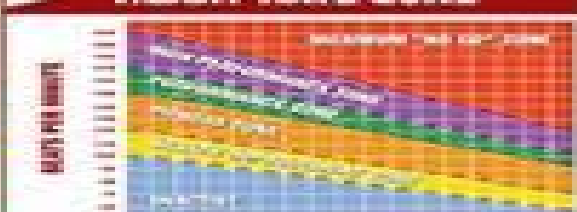
### SAFETY

1. Always use proper form and technique.
2. Start with a low resistance and gradually increase it.
3. Avoid overexerting yourself.
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 wearing loose clothing.
8. Stop if you feel any dizziness or lightheadedness.
9. Stop if you feel any shortness of breath.
10. Stop if you feel any fatigue.

### SELECT YOUR ZONE



### HEART RATE ZONE



The elliptical machine 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.

## Elliptical Machine Chart Poster:

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## Whispering the Secrets of Language: An Emotional Quest through **Elliptical Machine Chart Poster**

In a digitally-driven earth wherever monitors reign supreme and instant conversation drowns out the subtleties of language, the profound techniques and emotional nuances concealed within words frequently get unheard. However, located within the pages of **Elliptical Machine Chart Poster** a fascinating fictional treasure pulsating with organic emotions, lies a fantastic quest waiting to be undertaken. Written by an experienced wordsmith, this enchanting opus attracts visitors on an introspective trip, gently unraveling the veiled truths and profound affect resonating within the very material of each word. Within the psychological depths of this poignant evaluation, we shall embark upon a sincere exploration of the book's key themes, dissect its fascinating publishing fashion, and succumb to the effective resonance it evokes deep within the recesses of readers' hearts.

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