

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 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 (no "planting" or "pulling" motion).
- 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 footplate, depending on the stride length you prefer. Feet should be lined up.

REAR FLYWHEEL

HEALTH BENEFITS

Weight Loss

Elliptical training is a low-impact, high-calorie-burning exercise that can help you lose weight and improve your overall health.

Cardiovascular

Elliptical training is a cardiovascular exercise that can help you improve your heart health and increase your endurance.

Joints

Elliptical training is a low-impact exercise 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 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.

Pulling 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 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 (no "planting" or "pulling" motion).
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 "heel" boards at the front of the footplate, depending on the stride length you prefer. Feet should be lined up.
7. Elliptical training is a low-impact exercise that can help you protect your joints and reduce the risk of injury.

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. Heart rate: Monitor your heart rate during the workout to ensure you are working in the target zone.

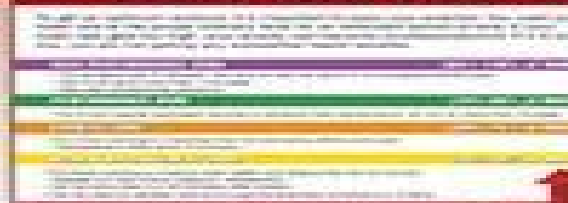
MUSCLES WORKED



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.
4. Keep your feet flat against the footplate.
5. Avoid leaning on the handles.
6. Keep your core engaged throughout the workout.
7. Stop if you feel any pain or discomfort.

SELECT YOUR ZONE



HEART RATE ZONE



The elliptical is a low-impact, high-calorie-burning exercise 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:

Adopting the Melody of Expression: An Mental Symphony within **Elliptical Machine Chart Poster**

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