

ELLIPTICAL

Information and Conditioning

PROPER POSTURE & FORM

- Stand tall with a slight forward lean at the hips (not swiveling 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. Do not swing your legs out in front of you. Keep your feet directly under your hips.
- 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.
- Whenever your feet are on the edge of the pedals, you can place them forward or backward on the foot, depending on the stride length you prefer. Feet moving forward.

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 together from 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 stroke - motion including motion with substantial quadriceps and hamstring motion.

Stair motion - 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 swiveling 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. Do not swing your legs out in front of you. Keep your feet directly under your hips.
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. Whenever your feet are on the edge of the pedals, you can place them forward or backward on the foot, depending on the stride length you prefer. Feet moving forward.
7. Use the moving handles to get on and off the machine. Grip the handles lightly as you can maintain proper posture. Do not lean on them.
8. 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.
9. Most elliptical machines can be pedaled forward and backward. In addition the resistance and incline can be adjusted.
10. **Speed stroke** - motion including motion with substantial quadriceps and hamstring motion.
11. **Stair motion** - motion is being motion with greater gluteus, quadriceps and calf involvement.
12. **Pushing forward** - greater quadriceps work.
13. **Pushing backward** - greater hamstring work.

THE WORKOUT

1. Warm-up: 5 minutes at low resistance and low incline.
2. Main workout: 20-30 minutes at moderate resistance and moderate incline.
3. Cool-down: 5 minutes at low resistance and low incline.
4. Total workout time: 30-40 minutes.
5. Resistance: Adjust the resistance to a level that challenges you but allows you to maintain proper form.
6. Incline: Adjust the incline to a level that challenges you but allows you to maintain proper form.
7. Heart rate: Monitor your heart rate during the workout. Aim for a heart rate between 140 and 160 bpm.
8. Breathing: Breathe deeply and rhythmically throughout the workout.
9. Posture: Maintain proper posture throughout the workout.
10. Hydration: Drink water before, during, and after the workout.
11. Rest: Take a rest day after the workout.
12. Progression: Increase the resistance and incline over time.
13. Consistency: Exercise regularly for the best results.
14. Enjoyment: Make the workout fun by listening to music or watching TV.
15. Safety: Always use proper form and technique to avoid injury.

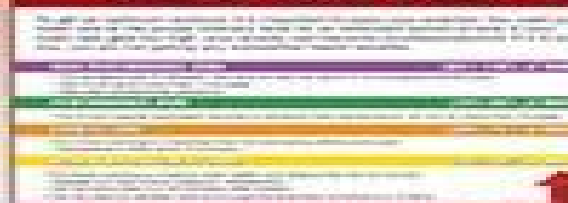
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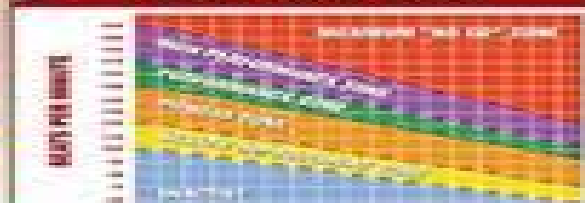
SAFETY

1. Always use proper form and technique to avoid injury.
2. Start with a low resistance and low incline.
3. Increase the resistance and incline gradually.
4. Stop if you feel pain or discomfort.
5. Drink water before, during, and after the workout.
6. Take a rest day after the workout.
7. Progression: Increase the resistance and incline over time.
8. Consistency: Exercise regularly for the best results.
9. Enjoyment: Make the workout fun by listening to music or watching TV.
10. Safety: Always use proper form and technique to avoid injury.

SELECT YOUR ZONE



HEART RATE ZONE



The elliptical machine 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.

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