

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 lined 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 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 incline can be adjusted.

Forward Motion - motion including motion with substantial quadriceps and hamstring work.

Reverse 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 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 lined up.
6. 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.
7. 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.
8. 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.

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: 30-40 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. Incline: Adjust the incline to a level that challenges you but allows you to maintain proper form.
8. Heart rate: Monitor your heart rate during the workout to ensure you are working at a target heart rate.
9. Breathing: Breathe through the nose and exhale through the mouth.
10. Posture: Maintain proper posture throughout the workout.

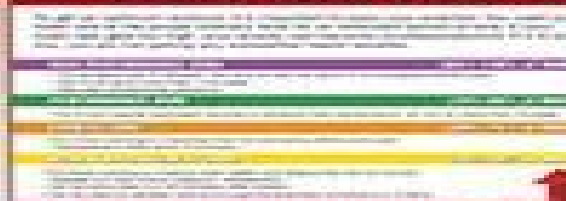
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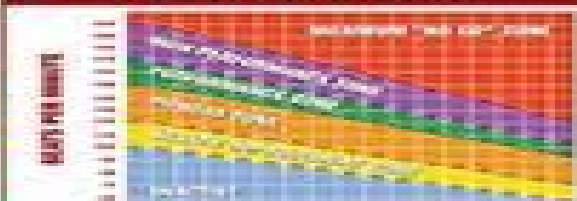
SAFETY

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. Stop if you feel any pain or discomfort.
5. Use the handrails for support and balance.
6. Keep your feet on the pedals at all times.
7. Breathe through the nose and exhale through the mouth.
8. Maintain proper posture throughout the workout.
9. Stay hydrated by drinking water.
10. Consult your doctor before starting any exercise program.

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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