

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 rounding forward).
- 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.
- Whenever your feet are on the edge of the pedals, you can place them forward or backward on the footplate, depending on the stride length you prefer. Feet should be set 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 against 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 against them.

CONSOLE

Set your age and weight. Select a pre-determined program or set to manual mode. Display screen will show speed, time, rate, 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 including motion with substantial quadriceps and hamstring motion.

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. Start with a low resistance and a slow pace. Gradually increase the resistance and speed as you become more comfortable.
2. Keep your feet flat against the pedals and your knees bent.
3. Push the handles forward and backward in a controlled motion.
4. Keep your core muscles engaged throughout the workout.
5. Avoid bouncing or jerking movements.
6. Use the foot pedals to adjust your stride length.
7. Keep your hands on the handles and your feet on the pedals.
8. Listen to your body and stop if you feel any pain or discomfort.

THE WORKOUT

The elliptical machine is a great way to get a full-body workout. It's a low-impact exercise that can help you burn calories and improve your cardiovascular health. The machine has a large flywheel that provides resistance, and you can adjust the resistance and speed to suit your needs. The handles are connected to the flywheel, so moving them forward and backward will also provide resistance. The foot pedals are also connected to the flywheel, so stepping on them will provide resistance. The machine is easy to use and can be used by people of all ages and fitness levels.

MUSCLES WORKED



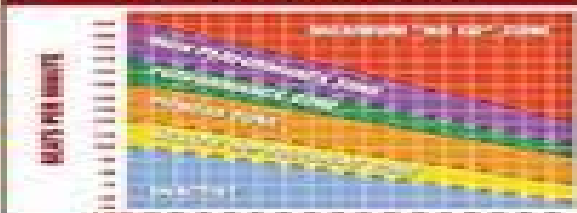
SAFETY

1. Always use proper form and technique.
2. Start with a low resistance and a slow pace.
3. Keep your feet flat against the pedals and your knees bent.
4. Push the handles forward and backward in a controlled motion.
5. Keep your core muscles engaged throughout the workout.
6. Avoid bouncing or jerking movements.
7. Use the foot pedals to adjust your stride length.
8. Keep your hands on the handles and your feet on the pedals.
9. Listen to your body and stop if you feel any pain or discomfort.

SELECT YOUR ZONE



HEART RATE ZONE



The elliptical machine is a great way to get a full-body workout. It's a low-impact exercise that can help you burn calories and improve your cardiovascular health.

www.productivefitness.com

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Elliptical Machine Chart Poster

JS Bruner



Elliptical Machine Chart Poster:

This book delves into Elliptical Machine Chart Poster. Elliptical Machine Chart Poster is an essential topic that needs to be grasped by everyone, from students and scholars to the general public. This book will furnish comprehensive and in-depth insights into Elliptical Machine Chart Poster, encompassing both the fundamentals and more intricate discussions.

1. This book is structured into several chapters, namely:

- Chapter 1: Introduction to Elliptical Machine Chart Poster
- Chapter 2: Essential Elements of Elliptical Machine Chart Poster
- Chapter 3: Elliptical Machine Chart Poster in Everyday Life
- Chapter 4: Elliptical Machine Chart Poster in Specific Contexts
- Chapter 5: Conclusion

2. In chapter 1, this book will provide an overview of Elliptical Machine Chart Poster. This chapter will explore what Elliptical Machine Chart Poster is, why Elliptical Machine Chart Poster is vital, and how to effectively learn about Elliptical Machine Chart Poster.
3. In chapter 2, this book will delve into the foundational concepts of Elliptical Machine Chart Poster. This chapter will elucidate the essential principles that need to be understood to grasp Elliptical Machine Chart Poster in its entirety.
4. In chapter 3, the author will examine the practical applications of Elliptical Machine Chart Poster in daily life. This chapter will showcase real-world examples of how Elliptical Machine Chart Poster can be effectively utilized in everyday scenarios.
5. In chapter 4, the author will scrutinize the relevance of Elliptical Machine Chart Poster in specific contexts. The fourth chapter will explore how Elliptical Machine Chart Poster is applied in specialized fields, such as education, business, and technology.
6. In chapter 5, this book will draw a conclusion about Elliptical Machine Chart Poster. This chapter will summarize the key points that have been discussed throughout the book.

This book is crafted in an easy-to-understand language and is complemented by engaging illustrations. This book is highly recommended for anyone seeking to gain a comprehensive understanding of Elliptical Machine Chart Poster.

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Elliptical Machine Chart Poster Introduction

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