

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.
- Keep your feet parallel to the edge of the pedal, you can place "toe" boards at the front of the footplate, depending on the stride length you prefer. Make sure they are fixed 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.

Joint

Elliptical training is a low-impact exercise that can help you reduce the risk of joint pain and 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 chest to engage 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 speed and weight. Select a pre-set program or set to manual mode. Display screen shows 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 running 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

1. 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).
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, using the entire foot to push against the pedals.
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 "toe" boards at the front of the footplate, depending on the stride length you prefer. Make sure they are fixed up.
7. Set your speed and weight. Select a pre-set program or set to manual mode. Display screen shows speed, heart rate, time, distance and other factors.
8. 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.

THE WORKOUT

1. Warm-up: 5 minutes at a low resistance and speed.
2. Main workout: 20-30 minutes at a moderate resistance and speed.
3. Cool-down: 5 minutes at a low resistance and speed.
4. Total workout: 30-40 minutes.
5. Heart rate: 140-160 bpm.
6. Calories burned: 300-500.
7. Distance: 3-5 miles.
8. Time: 30-40 minutes.
9. Resistance: 10-15.
10. Speed: 1.5-2.5 mph.
11. Stride length: 2.5-3.5 feet.
12. Foot placement: Flat against the footplate.
13. Handle grip: Light.
14. Elbow position: Relaxed.
15. Shoulder position: Down and away from the ears.
16. Hip position: Slight forward lean.
17. Posture: Stand tall.
18. Breathing: Breathe in and out.
19. Focus: Stay focused on your form.
20. Enjoy: Have fun!

MUSCLES WORKED



SAFETY

1. Always use proper form and technique.
2. Start with a low resistance and speed.
3. Increase resistance and speed gradually.
4. Stop if you feel pain or discomfort.
5. Use the handles for support.
6. Keep your feet flat against the footplate.
7. Breathe in and out.
8. Stay focused on your form.
9. Enjoy the workout.
10. Consult your doctor if you have any health concerns.
11. Use the machine on a flat surface.
12. Keep the machine clean.
13. Use the machine regularly.
14. Store the machine properly.
15. Follow the manufacturer's instructions.
16. Use the machine for its intended purpose.
17. Do not use the machine for anything else.
18. Keep the machine in good condition.
19. Use the machine for a long time.
20. Enjoy the machine.

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.

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Table of Contents Elliptical Machine Chart Poster

1. Understanding the eBook Elliptical Machine Chart Poster
 - The Rise of Digital Reading Elliptical Machine Chart Poster
 - Advantages of eBooks Over Traditional Books
2. Identifying Elliptical Machine Chart Poster
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Elliptical Machine Chart Poster
 - User-Friendly Interface
4. Exploring eBook Recommendations from Elliptical Machine Chart Poster
 - Personalized Recommendations
 - Elliptical Machine Chart Poster User Reviews and Ratings
 - Elliptical Machine Chart Poster and Bestseller Lists
5. Accessing Elliptical Machine Chart Poster Free and Paid eBooks
 - Elliptical Machine Chart Poster Public Domain eBooks
 - Elliptical Machine Chart Poster eBook Subscription Services
 - Elliptical Machine Chart Poster Budget-Friendly Options

6. Navigating Elliptical Machine Chart Poster eBook Formats
 - ePub, PDF, MOBI, and More
 - Elliptical Machine Chart Poster Compatibility with Devices
 - Elliptical Machine Chart Poster Enhanced eBook Features
7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Elliptical Machine Chart Poster
 - Highlighting and Note-Taking Elliptical Machine Chart Poster
 - Interactive Elements Elliptical Machine Chart Poster
8. Staying Engaged with Elliptical Machine Chart Poster
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Elliptical Machine Chart Poster
9. Balancing eBooks and Physical Books Elliptical Machine Chart Poster
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Elliptical Machine Chart Poster
10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
11. Cultivating a Reading Routine Elliptical Machine Chart Poster
 - Setting Reading Goals Elliptical Machine Chart Poster
 - Carving Out Dedicated Reading Time
12. Sourcing Reliable Information of Elliptical Machine Chart Poster
 - Fact-Checking eBook Content of Elliptical Machine Chart Poster
 - Distinguishing Credible Sources
13. Promoting Lifelong Learning
 - Utilizing eBooks for Skill Development
 - Exploring Educational eBooks
14. Embracing eBook Trends
 - Integration of Multimedia Elements

- Interactive and Gamified eBooks

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