

ELLIPTICAL

Information and Conditioning

PROPER POSTURE & FORM

- Stand tall with a slight forward lean at the hips (not slouching) in a balanced forward position with rounded shoulders and upper back. Keeping 15cm.
- 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 them forward or backward on the foot, 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 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.

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 slouching) in a balanced forward position with rounded shoulders and upper back. Keeping 15cm.
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 them forward or backward on the foot, depending on the stride length you prefer. Feet should be set up.
6. Use the moving handlebars to get on and off the machine. Grip the handles lightly as you can maintain proper posture. Do not lean on them.
7. 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.
8. Most elliptical machines can be pedaled forward and backward. In addition the resistance and incline can be adjusted.

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. Heart rate zone: 150-170 bpm.
6. Calories burned: 300-500 calories.
7. Distance: 5-10 km.
8. Incline: 0-10%.
9. Resistance: 10-20 lbs.
10. Stride length: 1.5-2.0 m.
11. Pedal stroke: 180 degrees.
12. Foot placement: parallel to the edge of the pedal.
13. Arm movement: light grip, loose elbows.
14. Breathing: through the nose.
15. Posture: stand tall, slight forward lean.
16. Safety: use the moving handlebars to get on and off the machine.
17. Console: set age and weight, select program.
18. Cord rails/stairs: use to get on and off the machine.
19. Movement: forward and backward motion.
20. Pushing forward: greater quadriceps work.
21. Pushing backward: greater hamstring work.

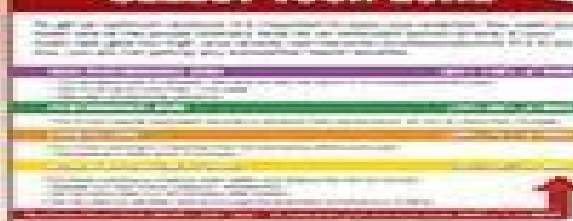
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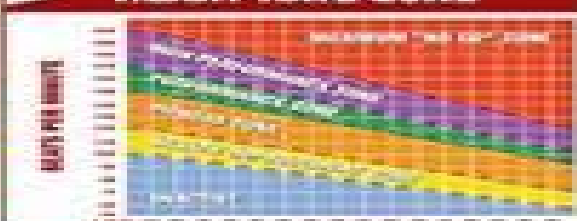
SAFETY

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8. Most elliptical machines can be pedaled forward and backward. In addition the resistance and incline can be adjusted.
9. Forward Motion - motion including motion with substantial quadriceps and hamstring work.
10. Backward Motion - motion is being motion with greater gluteus, quadriceps and calf involvement.
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27. Movement: forward and backward motion.
28. Pushing forward: greater quadriceps work.
29. Pushing backward: greater hamstring work.

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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