

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 (not leaning back).
- 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.
- Throughout your pedal stroke to the edge of the pedal, you can place "heel" forward and "toe" on the back, depending on the stride length you prefer. Heel drives most 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 HANDLES

Move the handles and push the handles together from upper body motion.

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.

Forward Motion - motion mimicking 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 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 (not leaning back).
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. Throughout your pedal stroke to the edge of the pedal, you can place "heel" forward and "toe" on the back, depending on the stride length you prefer. Heel drives most up.
7. The rear flywheel is a large wheel that provides resistance to the motion of the pedals.
8. The console is a small screen that displays information about your workout, such as speed, time, distance, and calories burned.
9. The cord rails are the two parallel bars that you hold onto as you pedal.
10. The stairs are the two sets of steps that you use to get on and off the machine.

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 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 throughout the workout to ensure you are working at a target heart rate.
9. Calories burned: Track the number of calories burned during the workout to help you achieve your weight loss goals.
10. Post-workout: Stretch and hydrate after the workout to help you recover and prevent injury.

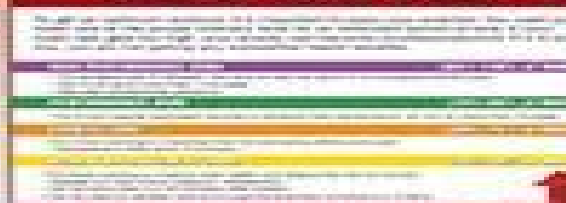
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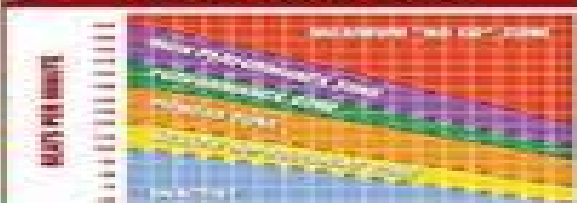
SAFETY

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 overexerting yourself and taking breaks when needed.
4. Keep your feet flat on the pedals and avoid leaning back.
5. Hold the handles with a light grip and keep your elbows relaxed.
6. Avoid wearing loose clothing that could get caught in the machine.
7. Keep your hair and jewelry away from the machine.
8. If you feel any pain or discomfort, stop immediately and consult a healthcare professional.
9. Always use the safety key to stop the machine in an emergency.
10. Follow the manufacturer's instructions for proper use and maintenance.

SELECT YOUR ZONE



HEART RATE ZONE



The elliptical is a low-impact, full-body workout that can help you achieve your fitness goals.

www.productivefitness.com

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Ian Pickup

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