

# 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.
- Throughout your pedal stroke to the edge of the pedal, you can place your foot on the heel or forefoot and back, depending on the stride length you prefer. Make sure it's not too long.

### REAR FLYWHEEL

### HEALTH BENEFITS

#### Weight Loss

Elliptical training is a low-impact, high-calorie-burning workout that can help you lose weight and improve your overall health.

#### Cardiovascular

Elliptical training is a cardiovascular workout that can help you improve your heart health and increase your endurance.

#### Joints

Elliptical training is a low-impact workout 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 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 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** - involves a pushing motion with substantial quadriceps and hamstring work.

**Backward Motion** - involves a pulling motion with greater gluteus, quadriceps and calf involvement.

**Pushing Forward** - greater quadriceps work. **Pulling 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. Throughout your pedal stroke to the edge of the pedal, you can place your foot on the heel or forefoot and back, depending on the stride length you prefer. Make sure it's not too long.
7. Use the rear flywheel to get on and off the machine. Grip the handles lightly as you can maintain proper posture. Do not lean against them.
8. 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.

### 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. Incline: 0-10.
11. Stride length: 1.5-2.0.
12. Foot placement: Heel or forefoot.
13. Handle grip: Light.
14. Elbow position: Relaxed.
15. Shoulder position: Down and away from ears.
16. Hip position: Slight forward lean.
17. Foot contact: Flat against footplate.
18. Motion: Forward and backward.
19. Bouncing: Avoid.
20. Gravity: Use to help move pedals.

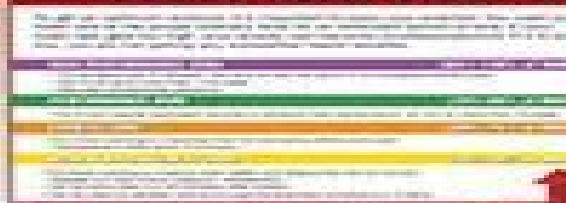
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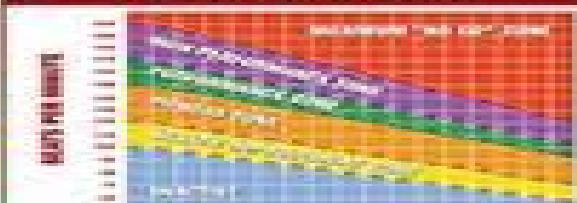
### SAFETY

1. Always use proper form and technique.
2. Do not use the machine if you are injured or have any medical conditions that may be affected by exercise.
3. Do not use the machine if you are pregnant or have any medical conditions that may be affected by exercise.
4. Do not use the machine if you are taking any medication that may be affected by exercise.
5. Do not use the machine if you are feeling dizzy or lightheaded.
6. Do not use the machine if you are feeling short of breath or chest pain.
7. Do not use the machine if you are feeling any other symptoms that may be affected by exercise.
8. Do not use the machine if you are feeling any other symptoms that may be affected by exercise.
9. Do not use the machine if you are feeling any other symptoms that may be affected by exercise.
10. Do not use the machine if you are feeling any other symptoms that may be affected by exercise.

### SELECT YOUR ZONE



### HEART RATE ZONE



The elliptical is a low-impact, high-calorie-burning workout that can help you lose weight and improve your overall health.

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# Elliptical Machine Chart Poster

**ML Morrison**



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