

ELLIPTICAL

Information and Conditioning

PROPER POSTURE & FORM

- Stand tall with a slight forward lean at the hips (not swiveling in a hunched forward position with rounded shoulders and upper back sticking 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. As you get used to the machine, you can increase the resistance and the pace.
2. Keep your feet flat against the footplate. Use the entire foot to push against the pedals.
3. Keep your back straight and your head up. Avoid rounding your back or looking down.
4. Keep your arms relaxed and your hands on the handles. Push the handles forward and back.
5. Keep your knees bent and your feet flat against the footplate. Avoid locking your knees.
6. Keep your feet flat against the footplate. Use the entire foot to push against the pedals.
7. Keep your back straight and your head up. Avoid rounding your back or looking down.
8. Keep your arms relaxed and your hands on the handles. Push the handles forward and back.

THE WORKOUT

1. Warm-up: 5 minutes at low resistance and slow pace.
2. Main workout: 20 minutes at moderate resistance and pace.
3. Cool-down: 5 minutes at low resistance and slow pace.
4. Total workout: 30 minutes.
5. Resistance: 10-15% of body weight.
6. Pace: 100-120 steps per minute.
7. Heart rate: 140-160 bpm.
8. Calories burned: 300-400.
9. Distance: 2-3 miles.
10. Time: 30 minutes.

MUSCLES WORKED



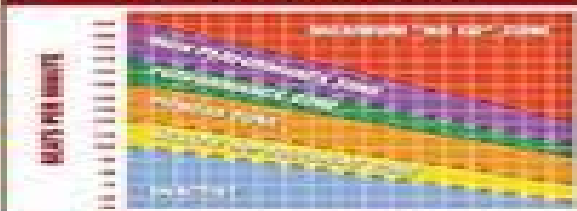
SAFETY

1. Always use proper posture and form.
2. Start with a low resistance and a slow pace.
3. Keep your feet flat against the footplate.
4. Keep your back straight and your head up.
5. Keep your arms relaxed and your hands on the handles.
6. Keep your knees bent and your feet flat against the footplate.
7. Keep your feet flat against the footplate.
8. Keep your back straight and your head up.
9. Keep your arms relaxed and your hands on the handles.
10. Keep your knees bent and your feet flat against the footplate.

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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Elliptical Machine Chart Poster

JA Banks



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