

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 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.
- Throughout your pedal stroke to the edge of the pedal, you can place your foot on the footplate 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 low-impact, high-calorie-burning workout that can help you lose weight and improve your overall health.

Joint Health

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

FOOT PEDALS

Larger foot pedals, allow you to adjust your stride length by positioning your feet at different ends of the pedals.



MOVING HANDLES

Movably pushing and pulling the handles engages more 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 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.

Speed stroke - involves alternating motion with substantial quadriceps and hamstring work.

Stair stroke - involves a lifting 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 sticking forward).
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 footplate and back, depending on the stride length you prefer. Make sure it's not too long.
7. Use the moving handles to engage more upper body muscles.
8. Use the stationary handles to get on and off the machine. Grip the handles lightly as you can maintain proper posture. Do not lean on them.
9. 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.
10. 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. 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 the appropriate intensity.
9. Breathing: Breathe deeply and rhythmically throughout the workout.
10. Hydration: Drink water throughout the workout to stay hydrated.

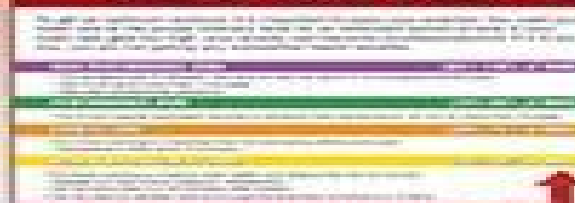
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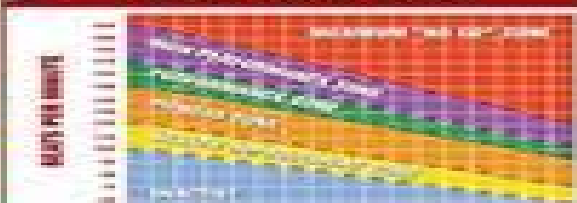
SAFETY

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, as this can lead to injury.
4. Stop if you experience any pain or discomfort.
5. Use the moving handles to engage more upper body muscles.
6. Use the stationary handles to get on and off the machine.
7. Grip the handles lightly as you can maintain proper posture.
8. Do not lean on the handles.
9. Set your age and weight. Select a pre-determined program or set to manual mode.
10. Display screen will show speed, time, incline, distance and other factors.

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.

www.productivefitness.com

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Elliptical Machine Chart Poster

L Darling-Hammond

A red circular graphic with a gradient, appearing as a semi-circle or a partial circle, located to the right of the author's name.

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