

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 "locking" closed).
- 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. Bumpy elbows "through" the handlebars.
- 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 "heel" boards at the front of the foot, depending on the stride length you prefer. Heel boards limit 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 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 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.

Speed stride - motion including motion with substantial quadriceps and hamstring motion.

Reverse stride - motion is being motion with greater gluteus, quadriceps and calf involvement.

Pushing forward - greater quadriceps work.

Pushing backward - greater hamstring work.

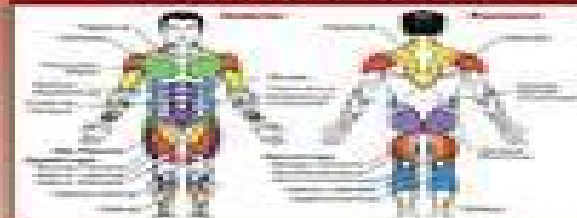
ELLIPTICAL BASICS

1. Stand tall with a slight forward lean at the hips (not swiveling in a hunched forward position with rounded shoulders and upper back "locking" closed).
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. Bumpy elbows "through" the handlebars.
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 "heel" boards at the front of the foot, depending on the stride length you prefer. Heel boards limit up.
6. 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.
7. 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.
8. 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.

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 zone: 150-170 bpm.
6. Calories burned: 300-500.
7. Distance: 3-5 miles.
8. Time: 30-40 minutes.
9. Resistance: 10-15.
10. Speed: 1.5-2.0 mph.
11. Stride length: 2.0-2.5 meters.
12. Cadence: 100-120 steps per minute.
13. Incline: 0-10%.
14. Deceleration: 0-10%.
15. Acceleration: 0-10%.
16. Braking: 0-10%.
17. Forward: 0-10%.
18. Backward: 0-10%.
19. Side-to-side: 0-10%.
20. Up-and-down: 0-10%.

MUSCLES WORKED



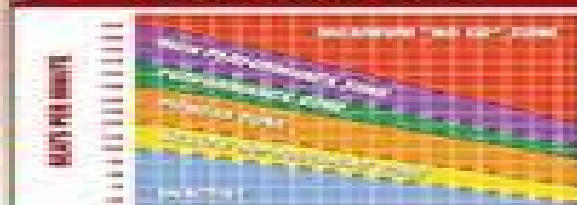
SAFETY

1. Always use proper posture and form.
2. Start with a low resistance and speed.
3. Increase resistance and speed gradually.
4. Stop if you feel pain or discomfort.
5. Use the emergency stop button if needed.
6. Keep your feet on the pedals at all times.
7. Hold the handlebars with a light grip.
8. Avoid bouncing or jerking motions.
9. Keep your arms straight.
10. Use the correct foot position.
11. Keep the console clean.
12. Use the correct foot position.
13. Keep the console clean.
14. Use the correct foot position.
15. Keep the console clean.

SELECT YOUR ZONE



HEART RATE ZONE



The elliptical is a great way to burn calories and lose weight. It provides a low-impact, full-body workout that can help you achieve your weight loss goals.

www.productivefitness.com

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Elliptical Machine Chart Poster

Hongru Du

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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