

# ELLIPTICAL

## Information and Conditioning

### PROPER POSTURE & FORM

- Stand tall with a slight forward lean at the hips (not slouching) in a balanced forward position with rounded shoulders and upper back. Keeping 15cm.
- 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 footplate.
- 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 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 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 motion can be adjusted.

**Forward Motion** - motion mimicking motion with substantial quadriceps and hamstring motion.

**Reverse 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 slouching) in a balanced forward position with rounded shoulders and upper back. Keeping 15cm.
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. Keep your feet in contact with the pedals at all times. The foot should remain flat against the footplate, using the entire footplate.
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 them forward or backward on the footplate depending on the stride length you prefer. Feet should be set up.
6. Elliptical training is a low-impact exercise that can help you protect your joints and reduce the risk of injury.

### THE WORKOUT

1. Stand tall with a slight forward lean at the hips (not slouching) in a balanced forward position with rounded shoulders and upper back. Keeping 15cm.
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. Keep your feet in contact with the pedals at all times. The foot should remain flat against the footplate, using the entire footplate.
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.
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6. Elliptical training is a low-impact exercise that can help you protect your joints and reduce the risk of injury.

### MUSCLES WORKED



### SAFETY

1. Stand tall with a slight forward lean at the hips (not slouching) in a balanced forward position with rounded shoulders and upper back. Keeping 15cm.
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. Keep your feet in contact with the pedals at all times. The foot should remain flat against the footplate, using the entire footplate.
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 them forward or backward on the footplate depending on the stride length you prefer. Feet should be set up.
6. Elliptical training is a low-impact exercise that can help you protect your joints and reduce the risk of injury.

### 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

**TD Snyder**

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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