

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 "locking" closed).
- 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 cardiovascular workout that can help you improve your heart health and increase your endurance.

Muscles

Elliptical training is a full-body workout that can help you tone your muscles and improve your overall fitness.

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 can show speed, heart rate, time, 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 work.

Backward Motion - motion is being 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 "locking" closed).
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 get on and off the machine. Grip the handles lightly as you can maintain proper posture. Do not lean on them.
8. Set your age and weight. Select a pre-determined program or set to manual mode. Display screen can show speed, heart rate, time, distance and other factors.

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. Heart rate: Monitor your heart rate during the workout. It should be in the target zone (150-170 bpm).
6. Calories burned: Approximately 500-1000 calories per session.
7. Benefits: Improves cardiovascular health, burns calories, and tones muscles.

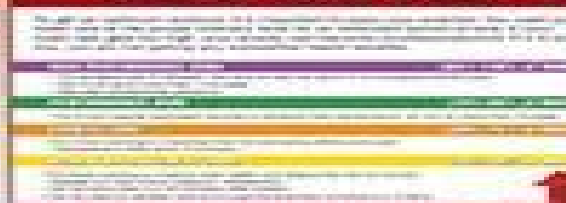
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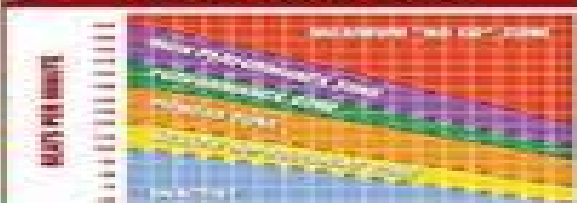
SAFETY

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 overexertion and listen to your body. Stop if you feel pain or discomfort.
4. Keep your feet flat on the pedals and avoid bouncing.
5. Use the moving handles to get on and off the machine.
6. Monitor your heart rate during the workout. It should be in the target zone (150-170 bpm).
7. Stay hydrated and avoid drinking alcohol before or after the workout.
8. Consult your doctor before starting any new exercise program.

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

David Kirk



Elliptical Machine Chart Poster:

Elliptical Machine Chart Poster Book Review: Unveiling the Magic of Language

In an electronic era where connections and knowledge reign supreme, the enchanting power of language has are more apparent than ever. Its ability to stir emotions, provoke thought, and instigate transformation is actually remarkable. This extraordinary book, aptly titled "**Elliptical Machine Chart Poster**," published by a very acclaimed author, immerses readers in a captivating exploration of the significance of language and its profound affect our existence. Throughout this critique, we shall delve to the book is central themes, evaluate its unique writing style, and assess its overall influence on its readership.

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