

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 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 (no "planting" or "pulling" motion).
- 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 "heel" pressure on the heel of the foot, "midfoot" on the arch, and "toe" pressure on the ball of the foot.

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.

Joint Health

Elliptical training is a low-impact workout that can help you reduce the risk of joint pain and injury.

FOOT PEDALS

Larger foot pedals, often also adjustable, allow you to position your feet at different points of the pedals.



MOVING HANDLES

Move the handles and push the handles together and apart to engage 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 against 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 running 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 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 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 (no "planting" or "pulling" motion).
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 "heel" pressure on the heel of the foot, "midfoot" on the arch, and "toe" pressure on the ball of the foot.

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: 30-45 minutes.
5. Heart rate zone: 140-160 bpm.
6. Calories burned: 300-500.
7. Distance: 3-5 miles.
8. Time: 30-45 minutes.
9. Resistance: 10-15.
10. Speed: 1.5-2.5 mph.

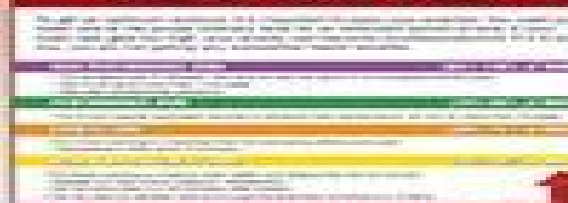
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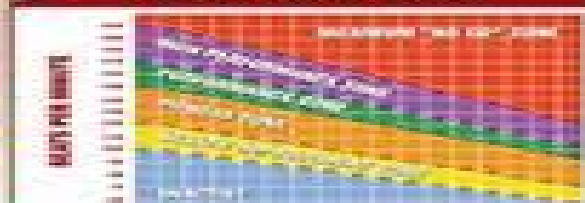
SAFETY

1. Always use proper posture and form.
2. Do not use the machine if you are pregnant or have a heart condition.
3. Do not use the machine if you are injured or have a recent surgery.
4. Do not use the machine if you are taking medication that affects your heart rate.
5. Do not use the machine if you are feeling dizzy or lightheaded.
6. Do not use the machine if you are feeling short of breath.
7. Do not use the machine if you are feeling any pain.
8. Do not use the machine if you are feeling any discomfort.
9. Do not use the machine if you are feeling any fatigue.
10. Do not use the machine if you are feeling any exhaustion.

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

EW Minium

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